

11月スケジュール / NOVEMBER SCHEDULE

ALL MEMBER in the time schedule

MARTIAL ARTS MEMBER

時間変更のCLASS

※DAYTIME 最終利用可能クラスは16:15

ZUMBA MEMBER

★New Class

	MON.		TUE.		WED.		THU.		FRI.		SAT.	
	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT
11:00												
	Zumba w/Hannie 11:20-12:20 K	KickBoxing w/Lek & Nun 11:00-12:00			Zumba w/Hannie 11:20-12:20 K	KickBoxing w/Lek,Nun &Cham 11:00-12:00		KickBoxing w/Lek & Nun 11:00-12:00		KickBoxing w/Lek & Nun 11:00-12:00		KickBoxing w/Lek,Nun &Cham 11:00-12:30
12:00							Yoga w/Jamie 11:30-12:30		Zumba w/Mai 11:30-12:30 K		Zumba w/Shana 11:30-12:30 K	
				Wave Core Conditioning w/Mai 12:20-12:50								
		TRX w/Miki 12:30-13:30				KickBoxing w/Lek,Nun &Cham 12:30-13:30		Kick Boxing w/Lek & Nun 12:30-13:30				TRX & Stretch 12:45-13:45 1st・15th w/Midori 8th・22nd w/Miki 29th w/Rin
13:00				KickBoxing w/Sato 13:00-14:00	POP PILATES W/TAKARA 13:00-14:00					Kick Boxing w/Lek & Nun 12:45-13:45		
			Zumba &Wave w/Mai 13:30-14:30 K									
14:00	Yoga w/Erleo 13:40-14:40											
						TRX Circuit w/Miki 14:10-15:10		Kick Boxing w/Lek & Nun 14:00-15:00			V body workout w/<びれの鬼軍曹 豊島香奈子 14:00-15:00	KickBoxing w/Lek,Nun &Cham 14:00-15:00
15:00		Kick Boxing w/Lek & Nun 14:45-15:45		Kick Boxing (Mitt&Sparring)W /Sato & Okubo 14:45-15:45						Kick Boxing w/Lek, Nun 14:30-15:30		
											ジャイロキネシス w/Maki 15:15-16:15 1st・15th	
16:00							MMA w/Satoshi 15:30-16:30					KickBoxing w/Lek,Nun &Cham 15:30-17:00
		Kick Boxing w/Lek & Nun 16:15-17:15				KickBoxing w/Lek,Nun &Cham 16:15-17:15				Kick Boxing w/Lek & Nun 16:15-17:15		
17:00												
				Karate w/Sato 17:30-18:30								
18:00				Kick Boxing w/Okubo 17:30-18:30				Kick Boxing w/Lek & Nun 18:00-19:00		Kick Boxing w/Lek & Nun 18:00-19:00	CLOSE 18:00	
		TRX & Circuit w/Miki 18:15-19:15				TRX & Stretch w/Miki 18:15-19:15					毎週日曜日休館 3日・24日は 祝日のため休館	
19:00												
	Yoga w/Nadia 19:20-20:20	Kick Boxing w/Lek & Nun 19:00-20:00				KickBoxing w/Lek,Nun &Cham 19:00-20:00		Kick Boxing w/Lek & Nun 19:00-20:00	セルフ整体 w/Asuka 19:00-20:00 14th・28th	Light Sparring w/Lek & Nun 19:00-20:00		
20:00									CLOSE 20:00		We are closed on Sundays and the 3rd and 24th due to public holidays.	
		Kick Boxing w/Lek & Nun 20:00-21:00			Zumba w/Rumi 20:00-21:00	KickBoxing w/Lek,Nun &Cham 20:00-21:00		KICK OUT w/a2ko 20:00-21:00				
21:00			CLOSE 21:00									
22:00	CLOSE 22:00				CLOSE 22:00		CLOSE 22:00					

完全予約制となっております。お電話でのご予約をお願いします。

インストラクターのイベント等の都合でスケジュールが変更となる場合がございます。ご了承ください。

DAYTIME MEMBERは18時までにご退館ください。

All classes are by appointment only. Please call us to reserve your class.

TEL.03-6277-7416

NEXT