

12月スケジュール / DECEMBER 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		KickBoxing w/Lek & Nun 11:00-12:00				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	Zumba w/Hannie 11:20-12:20 K				Zumba w/Hannie 11:20-12:20 K		Yoga w/Jamie 11:30-12:30		Zumba w/Mai 11:30-12:30 K		Zumba w/Shana 11:30-12:30 K	
13:00		TRX w/Miki 12:30-13:30		Wave Core Conditioning w/Mai 12:20-12:50		KickBoxing w/Lek,Nun & Cham 12:30-13:30		Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek & Nun 12:45-13:45		TRX & Stretch 12:45-13:45 6th-20th w/Midori 13th w/Miki 27th w/Rin
14:00	Yoga w/Erigo 13:40-14:40		Zumba & Wave w/Mai 13:30-14:30 K		POP PILATES W/TAKARA 13:00-14:00							V body workout w/<くびれの鬼軍曹 豊島香奈子 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		TRX Circuit w/Miki 14:10-15:10		Kick Boxing w/Lek & Nun 14:00-15:00		Kick Boxing w/Lek, Nun 14:30-15:30		KickBoxing w/Lek,Nun & Cham 14:00-15:00
16:00		Kick Boxing w/Lek & Nun 16:15-17:15				KickBoxing w/Lek,Nun & Cham 16:15-17:15		MMA w/Satoshi 15:30-16:30				ジャイロキネシス w/Maki 15:15-16:15 6th-27th
17:00				Karate w/Sato 17:30-18:30								KickBoxing w/Lek,Nun & Cham 15:30-17:00
18:00		TRX & Circurt w/Miki 18:15-19:15		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	
19:00	Yoga w/Nadia 19:20-20:20	Kick Boxing w/Lek & Nun 19:00-20:00		Karate w/Sato 19:00-20:30		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 12th-26th	Light Sparring w/Lek & Nun 19:00-20:00	毎週日曜日休館 12/28~1/4まで 休館	
20:00		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	CLOSE 20:00			
21:00			CLOSE 21:00									
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

