

1月スケジュール / JANUARY 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			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	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 12:45-13:45		TRX & Stretch 12:45-13:45 10th-31st w/Miki 17th w/Midori 24th w/Rin	
14:00	Yoga w/Erico 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/<びれの免軍曹 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		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			
16:00								MMA w/Satoshi 15:30-16:30				ジャイロキネシス w/Maki 15:15-16:15 10th-24th	KickBoxing w/Lek,Nun & Cham 15:30-17:00
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			
18:00				Karate w/Sato 17:30-18:30									
19:00		TRX & Circurt w/Miki 18:15-19:15		Kick Boxing w/Okubo 17:30-18:30		TRX & Stretch w/Miki 18:15-19:15		Kick Boxing w/Lek & Nun 18:00-19:00		Kick Boxing w/Lek & Nun 18:00-19:00			
20:00	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 9th-23rd			
21:00		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					
22:00													

毎週日曜日休館
12日は祝日のため休館
※1月1日・2日・3日・4日
休館

We are off on
Sunday,
Closed on the 12th
due to a national
holiday
※We'll be closed on
1st, 2nd, 3rd, and
4th, 2026.

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

