

4月スケジュール / APRIL 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				TRX & Stretch 12:45-13:45 4th-18th w/Midori 11th w/Miki 25th 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/<くびれの鬼軍曹 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		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		Kick Boxing w/Lek & Nun 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 4th-18th	KickBoxing w/Lek,Nun & Cham 15:30-17:00	
17:00													
18:00				Karate w/Sato 17:30-18:30								CLOSE 18:00	
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		毎週日曜日休館 29日は祝日のため休館	
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		Light Sparring w/Lek & Nun 19:00-20:00			
21:00		Kick Boxing w/Lek & Nun 20:00-21:00			Zumba w/Rumi 20:00-21:00 8th-15th-22th	KickBoxing w/Lek,Nun & Cham 20:00-21:00		KICK OUT w/a2ko 20:00-21:00				We are off on Sunday, and will be closed on the 29th due to holidays.	
22:00	CLOSE 22:00			CLOSE 21:00									
						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

