

5月スケジュール /MAY SCHEDULE

ALL MEMBER in the time schedule
 MARTIAL ARTS MEMBER
 時間変更のCLASS
 ZUMBA MEMBER
 ★ New Class

※DAYTIME 最終利用可能クラスは16:15

	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	
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 2nd・16th w/Midori 9th・30th w/Miki 23rd 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/<びれの魂軍曹 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							MMA w/Satoshi 15:30-16:30					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		Zumba w/Hannie 19:20-20:20 13rd-27th		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				KickBoxing w/Lek,Nun &Cham 20:00-21:00		KICK OUT w/a2ko 20:00-21:00				
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



毎週日曜日休館
4日～6日祝日のため
休館

We are off on
Sunday,
and will be closed on
the 4th～6th
due to holidays.