

7月スケジュール / JULY 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		KickBoxing w/Lek,Nun 11:00-12:00				Zumba w/Hannie 11:20-12:20 K		KickBoxing w/Lek&Cham 11:00-12:00		KickBoxing w/Lek,Nun 11:00-12:00		Kick Exercise w/Naoya 10:15-10:45
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,Cham 12:30-13:30				
14:00	Yoga w/Erico 13:40-14:40			KickBoxing w/Sato 13:00-14:00		POP PILATES W/TAKARA 13:00-14:00						TRX & Stretch 12:45-13:45 4th-18th w/Midori 11th w/Miki 25th w/Rin
15:00		Kick Boxing w/Lek,Nun 14:45-15:45		Zumba & Wave w/Mai 13:30-14:30 K								
16:00				Kick Boxing (Mitt&Sparring)w/Sato,Okubo 14:45-15:45			TRX Circuit w/Miki 14:10-15:10					V body workout w/<びれの魂軍曹 豊島香奈子 14:00-15:00
17:00		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								
20:00	Yoga w/Maika 6th-27th 19:20-20:20											
21:00		Kick Boxing w/Lek,Abe, Nun 19:15-20:45		Karate w/Sato 19:00-20:30								
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

