6月スケジュール /JUNE 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　Kick Exercise/SAT.

	MON.		TUE.		WED.		THU.		FRI.		SAT.	
	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT
11:00		KickBoxing w/Lek&Abe 11:00-12:00				KickBoxing w/Lek&Cham 11:00-12:00		KickBoxing w/Lek&Cham 11:00-12:00		KickBoxing w/Lek,Kushima 11:00-12:00		Kick Exercise w/Naoya 10:15-10:45
	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	KickBoxing w/Lek&Cham 11:00-12:30
12:00				Wave Core Conditioning w/Mai 12:20-12:50								
		TRX w/Miki 12:30-13:30				KickBoxing w/Lek&Cham 12:30-13:30		KickBoxing w/Lek&Cham 12:30-13:30		Kick Boxing w/Lek,Kushima 12:30-13:30		TRX & Stretch 12:45-13:45 13rd・20th w/Midori 6th w/Miki 27th w/Rin
13:00				KickBoxing w/Sato 13:00-14:00	POP PILATES W/TAKARA 13:00-14:00							
	Yoga w/Erico 13:40-14:40		Zumba &Wave w/Mai 13:30-14:30 K									
14:00						TRX Circuit w/Miki 14:10-15:10		KickBoxing w/Lek&Cham 14:00-15:00			V body workout w/くびれの鬼軍曹 豊島香奈子 14:00-15:00	KickBoxing w/Lek&Cham 14:00-15:00
		Kick Boxing w/Lek&Abe 14:45-15:45		Kick Boxing (Mitt&Sparring)w /Sato & Okubo 14:45-15:45						Kick Boxing w/Lek,Kushima 14:30-15:00		
15:00								MMA w/Satoshi 15:30-16:30				KickBoxing w/Lek&Cham 15:30-17:00
16:00		Kick Boxing w/Lek&Abe 16:15-17:15				KickBoxing w/Lek&Cham 16:15-17:15				Kick Boxing w/Lek,Kushima 16:15-17:15		
17:00												
				Karate w/Sato 17:30-18:30								
18:00				Kick Boxing w/Okubo 17:30-18:30							CLOSE 18:00	
		TRX & Circurt w/Miki 18:15-19:15				TRX & Stretch w/Miki 18:15-19:15		KickBoxing w/Lek&Cham 18:00-19:00		Kick Boxing w/Lek,Kushima 18:00-19:00		毎週日曜日休館
19:00	Yoga w/ 19:20-20:20	Kick Boxing w/Lek&Abe 19:00-20:00		Karate w/Sato 19:00-20:30	Zumba w/Hannie 19:20-20:20 3rd・17th	KickBoxing w/Lek&Cham 19:00-20:00		KickBoxing w/Lek&Cham 19:00-20:00		Light Sparring w/Lek,Kushima 19:00-20:00		
20:00		Kick Boxing w/Lek&Abe 20:00-21:00				KickBoxing w/Lek&Cham 20:00-21:00		KICK OUT w/a2ko 20:00-21:00	CLOSE 20:00			
21:00			CLOSE 21:00								We are off on Sunday	
22:00	CLOSE 22:00				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