

8月スケジュール / AUGUST 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	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&Cham 11:00-12:00	KickBoxing w/Lek,Nun 11:00-12:00	Zumba w/Mai ※No class on 7th 11:30-12:30 K	KickBoxing w/Lek,Nun 11:00-12:00	Zumba w/Shana 11:30-12:30 K	Kick Exercise w/Naoya 10:15-10:45
12:00			Wave Core Conditioning w/Mai 12:20-12:50			Yoga w/Jamie 11:30-12:30					KickBoxing w/Lek,Cham, Abe 11:00-12:30
13:00	TRX w/Miki 12:30-13:30		KickBoxing w/Sato 13:00-14:00	POP PILATES W/TAKARA 13:00-14:00	KickBoxing w/Lek,Cham 12:30-13:30		KickBoxing w/Lek,Nun 12:30-13:30		Kick Boxing w/Lek,Nun 12:45-13:45		TRX & Stretch 12:45-13:45 1st-22nd w/Midori 8th-29th w/Miki 15th w/Rin
14:00	Yoga w/Erico 13:40-14:40	Zumba &Wave w/Mai 13:30-14:30 K					KickBoxing w/Lek,Nun, Cham 14:00-15:00			V body workout w/<びれの鬼軍曹 豊島香奈子 14:00-15:00	KickBoxing w/Lek,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 14:30-15:30		
16:00						MMA w/Satoshi 15:30-16:30					KickBoxing w/Lek,Cham, Abe 15:30-17:00
17:00	Kick Boxing w/Lek&Nun 16:15-17:15				KickBoxing w/Lek,Cham 16:15-17:15				Kick Boxing w/Lek,Kushima 16:15-17:15		
18:00			Karate w/Sato 17:30-18:30								
19:00	TRX & Circuit 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, Cham 18:15-19:45		Kick Boxing w/Lek,Kushima 18:00-19:00	毎週日曜日休館 11日(火)祝日につき休館	
20:00	Yoga w/Maika 17th-31st 19:20-20:20	Kick Boxing w/Lek,Abe, Nun 19:15-20:45	Karate w/Sato 19:00-20:30	Zumba w/Hannie 19:20-20:20 5th-19th	Kick Boxing w/Lek,Nun, Cham 19:15-20:45				Light Sparring w/Lek,Kushima 19:00-20:00		
21:00											
22:00											
CLOSE 22:00		CLOSE 21:00		CLOSE 22:00		CLOSE 22:00		CLOSE 20:00		CLOSE 20:00	
										Closed on Sundays and public holidays. (11th)	

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時までに退館ください。

All classes are by appointment only. Please call us to reserve your class.

TEL.03-6277-7416

NEXT