

9月スケジュール /SEPTEMBER 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&Cham 11:00-12:00		KickBoxing w/Lek,Nun 11:00-12:00		KickBoxing w/Lek,Nun 11:00-12:00		Kick Exercise w/Naoya 10:15-10:45
			Zumba & Wave w/Mai 11:30-12:30				Yoga w/Jamie 11:30-12:30		Zumba w/Mai 11:30-12:30		Zumba w/Shana 11:30-12:30	KickBoxing w/Lek,Cham, Abe 11:00-12:30
12:00												
	TRX w/Miki 12:30-13:30					KickBoxing w/Lek,Cham 12:30-13:30		KickBoxing w/Lek,Nun 12:30-13:30				TRX & Stretch 12:45-13:45 5th-12th w/Miki 19th w/Midori 26th w/Rin
				KickBoxing w/Sato 13:00-14:00	POP PILATES W/TAKARA 13:00-14:00					Kick Boxing w/Lek,Nun 12:45-13:45		
14:00	Yoga w/Erico 13:40-14:40							KickBoxing w/Lek,Nun, 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
						TRX Circuit w/Miki 14:10-15:10				Kick Boxing w/Lek,Nun 14:30-15:30		
15:00	Kick Boxing w/Lek,Nun 14:45-15:45			Kick Boxing (Mitt&Sparring)w /Sato,Okubo 14:45-15:45								
16:00								MMA w/Satoshi 15:30-16:30				KickBoxing w/Lek,Cham, Abe 15:30-17:00
	Kick Boxing w/Lek&Nun 16:15-17:15					KickBoxing w/Lek,Nun, 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/Miki 17:30-18:30			TRX & Stretch w/Miki 18:15-19:15			Kick Boxing w/Lek,Kushima 18:00-19:00	CLOSE 17:30	
	TRX & Circuit w/Miki 18:15-19:15							Kick Boxing w/Lek,Nun, Cham 18:15-19:45			毎週日曜日休館 21日(月),22(火),23(水) 祝日につき休館	
19:00									Zumba w/Mai 19:00-19:50 4th,25th	Light Sparring w/Lek,Kushima 19:00-20:00		
	Kick Boxing w/Lek,Abe, Nun 19:15-20:45			Karate w/Sato 19:00-20:30	Zumba w/CHIZUKO 19:20-20:20 16th,30th	Kick Boxing w/Lek,Nun, Cham 19:15-20:45						
20:00								KICK OUT w/a2ko 20:00-21:00	CLOSE 20:30		Closed on Sundays and public holidays. (21st,22nd,23rd)	
21:00		CLOSE 21:00										
22:00	CLOSE 21:30				CLOSE 21:30		CLOSE 22:00					

完全予約制となっております。NEXT公式アプリまたはE-mailにてご予約をお願いします。

予約状況、天候等によって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 send us e-mail to reserve your class.

Mail:info@nextakasaka.com

