

曜日	月	火	水	木	金	土	日	曜日
9:00								9:00
9:30	1							9:30
10:00	part							10:00
10:30	reserved	10:00~10:45	10:00~10:45	10:00~10:45	reserved	Paid program ¥ 500	10:00~10:45	10:30
11:00	School	Yoga I (Yamamoto)	Aerobics (Tanabe)	Trim exercise (Minagawa)	School	11:00~12:00 6 KPOP dance 20 Steps 27 KPOP dance	Yoga I (Yamada)	11:00
11:30	Break							11:30
12:00	2							12:00
12:30	part		12:00~13:00	12:15~			12:15~13:00	12:30
13:00	School	reserved	School	13:15	12:30~13:15	12:30~13:15	Hip hop Jazz (Fujihara)	13:00
13:30	3	reserved						13:30
14:00	part	reserved	13:45~14:30	13:45~14:30			13:45~14:30	14:00
14:30	Steps burning fat (Minemoto)		Yin and Yang Yoga (Chida)	Pilates (Takasu)	14:15~15:00 Beginners Aero (Nishihata)	14:15~15:00 Aerobics (Ishikawa Rui)	Aerobics (Shimane)	14:30
15:00								15:00
15:30	4							15:30
16:00	part	15:45~16:30 Trunk Pelvis Conditioning Yoga (Minemoto)	Paid program ¥ 500 23 days 15:45~16:45 Dance Aero	reserved	16:15~19:00	15:45~16:30 Marshall work out (BRAFT Moriyama)	16:00~16:45 Steps burning fat (Kojima)	16:00
16:30								16:30
17:00	16:30~18:10	School			16:00~18:40	17:00~18:45 school		17:00
17:30					School	Paid program ¥ 500 13 days 17:30~18:30 Self lymphatic care & Scalp Care		17:30
18:00	5							18:00
18:30	part	18:30~19:15 Hip-hop (Gotoh)						18:30
19:00								19:00
19:30	19:00~19:45 Yoga I (Yamaguchi)		19:00~19:45 Ballet Basic (Yamamura)		19:00~19:45 Simple Steps (Kojima)	19:00~19:45 Jazz Dance (Jin)	reserved	19:30
20:00	6						School	20:00
20:30	part	20:15~21:00 ZUMBA (Naoka)	20:15~21:00 Self massage &Stretch (okubo)	20:15~21:00 Pilates (Yamamura)	19:10~19:55 Conditioning Pilates (Ikeda)			20:30
21:00								21:00
22:00								22:00

- ◇Wear a mask as much as possible.
- ◇It will be carried out on an extra schedule.
- ◇The intensity of all fitness programs are decreasing.
- ◇The bando is necessary to participate.
- ◇The bando will be distributed at the entrance.
- ◇The whole class has a capacity of 20.
- ◇Lesson time is 45 minutes for now.
- ◇Please get here 5 minutes early.
- No one will be admitted into the room after the lesson begins.
- ◇The contents of person of first time class.
 - About instruction in the use,a rule,a manner.
 - About instruction in the machine use and how to use.
 - Practice guidance of the stretch.
- ◇The time zone for the reserved may be used for school. If you need more
If you need more information,please check inquire staff.