

	MON	TUE	WED	THU	FRI	SAT	SUN	
9:00								9:00
9:30	9:15~9:35 Radio calisthenics & stretching	9:15~9:35 Radio calisthenics & stretching		9:15~9:35 Simple circuit training		9:15~9:35 Simple circuit training		9:30
10:00								10:00
10:30	10:20~11:05 Trim exercise (Sakata・Sida)	10:20~11:05 Yoga I (KYOCO)	10:20~11:05 Beginners Aerobics (Tanabe)	10:20~11:05 Aerobics (Kusano)	reserved School	Paid program ¥ 5 0 0 program content changes every seasons.	10:00~10:45 Yoga I (Yamada)	10:30
11:00								11:00
11:30								11:30
12:00							11:45~12:30 H i p h o p J a z z (arai)	12:00
12:30	School		School	School				12:30
13:00		reserved School			12:30~13:15 Yoga I (Suzuki)	12:30~13:15 Yoga II (Matsuda)		13:00
13:30							13:00~13:45 Pilates (Ikeda)	13:30
14:00	14:15~15:00 Original step (Minemoto)		13:45~14:30 Yin and Yang Yoga (Chida)	13:45~14:30 Pilates (Takasu)	14:15~15:00 Beginners Aero (Nishihata)	14:15~15:00 Aerobics (Ishikawa)		14:00
14:30							14:15~15:00 Aerobics (Kojima)	14:30
15:00								15:00
15:30	15:30~16:15 Relaxation Yoga (Minemoto)	15:45~16:30 Relaxation Yoga (Minemoto)					15:30~16:15 Steps burning fat (Kojima)	15:30
16:00			reserved School			15:45~16:30 Marshall work out (BRAFT Moriyama)		16:00
16:30								16:30
17:00		School						17:00
17:30	17:00~18:30 Studio Opening			School	School	school		17:30
18:00								18:00
18:30		18:30~19:15 Hip-hop (Gotoh)						18:30
19:00	19:00~19:45 Yoga I (Yamaguchi)		19:00~19:45 Ballet variation for 20people (Sasaki)	19:00~19:45 Conditioning Pilates (Ikeda)	19:00~19:45 Simple Steps (Kojima)	19:00~19:45 Jazz Dance (Jin)	reserved School	19:00
19:30								19:30
20:00								20:00
20:30	20:15~21:00 Z U M B A (Ehara)	20:15~21:00 Self massage & Stretch (okubo)	20:30~21:15 Fat burning exercises (MIKA)	20:15~21:00 Boxing work out (Yamada)	Paid program ¥ 5 0 0 program content changes every seasons.	20:00~21:30 Studio Opening		20:30
21:00								21:00
22:00								22:00

◇A participation ticket is required to participate in the program.

(Radio calisthenics&st.)

◇Participation tickets are distributed **30 minutes** before the start of each program (**Residents of the city**) at the bench in the corridor. (**Outside the city**) Distributed at the reception desk **20 minutes** before the start of each program.

◇The whole class has a capacity of 30. (Ballet variations for 20 people)

◇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.

◇Subject to sudden cancellation of class changes.

◇Please follow the rules when opening the studio and use it freely.

◇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 information,please check inquire staff.

◇Please check the classroom or information or winning separately for the contents of the paid classroom.