

Lesson Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool
7:00													
7:15-8:00		Hatha Yoga 7:15-8:00 Mayo Uchida		Wake Up Pilates 7:15-8:00 Kimitake Harada		Wake Up Yoga 7:15-8:00 Ryuta Saito	Aqua Walking 7:30-8:00 Jyuri Yasuda	Body Trunk Yoga 7:15-8:00 Ryuta Saito					
8:00													
8:30													
9:00			SMART SWIM 9:00-9:30 TAKEI										
9:30													
10:00													
10:30													
11:00	Flow Yoga 11:00-12:00 Naoko	NEW ↓ Dumbbell workout 11:00-11:30 Kimitake Hrada	Using 1 LANE during personal lessons	Hatha Yoga 10:30-11:30 Kaoru Maki	Aqua Stretch 10:45-11:05 Kimitake Harada	NEW ↓ Burnout kickboxing workout 11:00-12:00 Ryuko konno	Learning 4 Types of Swimming 11:00-12:00 Tamiko Yamamoto	Pilates 11:00-12:00 Kei					
11:30													
12:00	Leg Training 12:20-12:50 Kimitake Harada	Back Conditioning Stretch~ 11:45-12:45 Natsumi Masubuchi	Max:15	Relax Yoga 11:45-12:45 Kaoru Maki	Aqua Workout 11:05-11:25 Kimitake Harada	Time change ↓ Raja Style-Up Yoga 12:20-13:20 YUCA	Aquabics 12:10-12:55 Tamiko Yamamoto	bbarreless ~balance~ 12:15-13:15 Kei	WALK&JOG 11:40-12:10 Reina Kakuno	Warm-Up Stretch 11:30-12:00 Kimitake Harada			
12:30													
13:00	Stretch 13:00-13:30 Kimitake Harada	NEW ↓ Back Conditioning ~Workout~ 13:00-14:00 Natsumi Masubuchi	Max:15	Core Training & Stretch 13:00-13:50 Kimitake Harada	One point lesson for 4 types of swimming 13:00-13:30 Koike								
13:30													
14:00	Pilates 14:00-14:45 Jyuri Yasuda	Time change ↓ Learning 4 Type of Swimming (Basic) 14:15-14:55 Natsumi Masubuchi		Shade Yoga 14:30-15:40 Hiromi	One point lesson for 4 types of swimming 13:35-14:05 Koike	Jazz Dance 14:10-15:10 Maki	Aquabics 12:20-13:05 reina Kakuno	Hula 13:45-14:45 Tayoko Hujii	Using 2 lanes	Ticket: A	WALK&JOG 13:40-14:10 Reina Kakuno		
14:30													
15:00	ZUMBA 15:00-16:00 Meg	Latin 14:15-15:15 Mukai			One point lesson for 4 types of swimming 14:05-14:35 Koike								
15:30													
16:00													
16:30													
17:00													
17:30	Stretch 17:35-17:55 Yuya Takahashi												
18:00	Hip Training 18:00-18:25 Yuya Takahashi	Burnout kickboxing workout 17:30-18:30 Ryuko konno	Max:15	Abs Training 17:35-17:55 Yuya Takahashi	One point lesson for 4 types of swimming 15:40-16:10 Reina Kakuno								
18:30													
19:00	HIP HOP 18:35-19:25 Suguru Alzawa	Street Dance 18:40-19:40 SACHIKO		Body Make-up Yoga 18:40-19:40 Mikiko	NEW ↓ Aqua Boxing 18:55-19:25 Yoshinari Mochizuki	ZUMBA 18:40-19:40 Yumiko							
19:30													
20:00	Aerobics 19:35-20:35 Mikiko	Swimming For Beginner 19:15-19:45 Yuya Kobayashi		Detox Yoga 19:50-20:50 YUCA	Butterfly 19:30-20:00 Yoshinari Mochizuki	Power Pilates 19:50-20:50 Yuri							
20:30													
21:00	Healing Yoga 20:45-21:35 KANA	Butterfly 19:50-20:20 Yuya Kobayashi											
21:30													
22:00													
22:30													
23:00	23:00 CLOSE	23:00 CLOSE		23:00 CLOSE		23:00 CLOSE		23:00 CLOSE					

●Studio Lesson

- Tickets for lessons will be available at the Gym table before 30 minutes from the lesson's starting time. Please enter the studio according to the number on the ticket.
- The entrance will be within five minutes of the start of the lesson.
- The capacity is up to 20 people.
- Up to 15 people will be allowed in some classes.

●Pool Lesson

- Please come to the pool area at the end of five minutes before the lesson starts. (Wear a swimming cap.)
- The entrance will be within five minutes of the start of the lesson.
- Depending on the capacity, there is a case to use two courses.
- For agency information, see the home page or

Using 1 LANE during personal lessons

Using 1 LANE during personal lessons

Max:15

Max:15

Max:15

Time change ↓

Using 2 lanes

Ticket: A

Using 2 lanes during Aqua30 & One point

2/1*15
Yuya Takahashi
2/8*22
Kimitake Harada

Only for ADVANCED

Using 2 lanes during Aquabics, One Point Lesson, Swim Circle

19:00 CLOSE

19:00 CLOSE

20:00

21:00

22:00

23:00

: The studio will be hot during the lessons in the orange box

: Self training with one point advice in the blue box