

May, 2019

Lesson Schedule

SPA 大手町 FITNESS CLUB

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	レイコ	Studio	Pool	Studio	Pool	Studio	Pool
7:00														
7:30	Morning Yoga 7:15-8:00 Yasuko		Power Yoga 7:15-8:00 Reiko		Wake Up Pilates 7:15-8:00 Kimitake Harada		Wake Up Yoga 7:15-8:00 Ryuta Saito		Body Trunk Yoga 7:15-8:00 Ryuta Saito					
8:00								Aqua Walking 7:30-8:00 Jyuri Yasuda						
8:30								Aquabics 8:10-8:40 Jyuri Yasuda						
9:00														
9:30														
10:00														
10:30														
11:00														
11:30	Body Structure conditioning 11:00-12:00 Ryuko konno		Balletone 10:30-11:30 Yoshino		Hatha Yoga 10:30-11:30 Kaoru Maki		Burnout kickboxing 11:00-12:00 Ryuko konno		Pilates 11:00-12:00 Kei					
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●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

Using 2 lanes during Aqua30 & One point

5/3.17.31 Yuya Takahashi
5/10.24 Kimitake Harada

ウォームアップストレッチ
11:30-12:00
原田 公威

ZUMBA
12:30-13:20
Yumiko

Pilates
14:00-15:00
Kyongsik

booty barre
15:20-16:10
Kei

Cool down Stretch
16:20-16:50
Kimitake Harada

CORE-BIX
18:00-18:30
REEKO

Beauty Workout
19:50-20:20 Yohei Honma

Recovery Conditioning
20:25-20:55 Yohei Honma

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

: Self training with one point advice in the blue box

代行のお知らせ

代行日	クラス名	時間	インストラクター →	代行者
5/23 (木)	ラージャスタイルアップヨガ ↓ 体幹ヨガ	12:20-13:20	YUCA →	ASAKO
5/24 (金)	初心者水泳・平泳ぎ ↓ 未定	19:15-20:20	小林 祐也 →	未定
5/29 (水)	アクアボクシング・初心者水泳 ↓ 初心者水泳	18:55-20:00	望月 善成 →	山崎 一成
5/30 (木)	バレエ	15:20-16:20	真妃 →	瀬沼

In Bodyとは？

筋肉量・**体脂肪量**・**体水分量**・**左右のバランス**

などの測定が出来ます！！
あなたの今の体を調べてみませんか？

ジムエリアで承ります！！

In body 測定料金

スパ大手町フィットネスクラブ会員様
月に**1回無料** その他 1回 **540円** (税込み)

ビジター様
1回 **1,080円** (税込み)