



March, 2019

# Lesson Schedule

SPA 大手町 FITNESS CLUB

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool
7:00														
7:30	Morning Yoga 7:15-8:00 Yasuko		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	Using 1 LANE during personal lessons	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	Burnout kickboxing 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								
12:30														
13:00	Stretch 13:00-13:30 Kimitake Harada	Aqua45 13:00-13:45 Jyuri Yasuda	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	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			
13:30														
14:00	Pilates 14:00-14:45 Jyuri Yasuda	One point lesson for 4 types of swimming 14:30-15:00 Koike	Latin 14:15-15:15 Mukai		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							
14:30														
15:00	ZUMBA 15:00-16:00 Meg	One point lesson for 4 types of swimming 15:05-15:35 Koike												
15:30														
16:00														
16:30														
17:00	Stretch 17:35-17:55 Yuya Takahashi		Time Change ↓ Burnout kickboxing workout 17:50-18:50 Ryuko konno	Max:15	Abs Training 17:35-17:55 Yuya Takahashi									
17:30	Hip Training 18:00-18:25 Yuya Takahashi													
18:00														
18:30	HIP HOP 18:35-19:25 Suguru Alzawa		Time Change ↓		Body Make-up Yoga 18:40-19:40 Mikiko									
19:00														
19:30	Aerobics 19:35-20:35 Mikiko	Yamazaki Dojo 19:15-20:20 Issei Yamazaki	Street Dance 19:00-20:00 SACHIKO		Swimming For Beginner 19:15-19:45 Yuya Kobayashi	Butterfly 19:30-20:00 Yoshinari Mochizuki	ZUMBA 18:40-19:40 Yumiko							
20:00														
20:30														
21:00	Healing Yoga 20:45-21:35 KANA													
21:30														
22:00														
22:30														
23:00	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	23:00 CLOSE	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

Ticket: A

Max:15

Max:15  
Ticket: C

Max:15

Ticket: A

3/1.15.29  
Yuya Takahashi  
3/8.22  
Kimitake Harada

Using 2 lanes during Aqua30 & One point

Only for ADVANCED

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

19:00 CLOSE

20:00 : The studio will be hot during the lessons in the orange box

22:00 : Self training with one point advice in the blue box