

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														
7:30	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		NEW ↓ Swimming for Beginner 9:00-9:30 Yoshinari Mochizuki												
9:30														
10:00														
10:30														
11:00	↓ Time Change Flow Yoga 11:00-12:00 Naoko	Using 1 LANE during personal lessons	Pilates 10:30-11:30 akane	Using 1 LANE during personal lessons	Hatha Yoga 10:30-11:30 Kaoru Maki	Aqua Stretch 10:45-11:05 Kimitake Harada		Raja Style-Up Yoga 11:00-12:00 YUCA	Learning 4 Types of Swimming 11:00-12:00 Tamiko Yamamoto	Pilates 11:00-12:00 Kei				
11:30														
12:00	↓ Time Change Leg Training 12:20-12:50 Kimitake Harada		Back Conditioning 11:45-12:45 Natsumi Masubuchi	Max: 15	Relax Yoga 11:45-12:45 Kaoru Maki	Aqua Workout 11:05-11:25 Kimitake Harada		Body Shape 12:20-13:20 Masaki Kitamura	Aquabics 12:10-12:55 Tamiko Yamamoto	bbarreless ~balance~ 12:15-13:15 Kei	WALK&JOG 11:40-12:10 Reina Kakuno			
12:30	↓ Time Change Stretch 13:00-13:30 Kimitake Harada		Balleton 13:00-14:00 akane		Core Training & Stretch 13:00-13:50 Kimitake Harada	One point lesson for 4 types of swimming 13:00-13:30 Koike		Stretch 13:30-14:00 Masaki Kitamura			Aquabics 12:20-13:05 reina Kakuno	NEW ↓ Warm-Up Stretch 11:30-12:00 Kimitake Harada		
13:00						↓ Time Change One point lesson for 4 types of swimming 13:35-14:05 Koike			Max: 15					
13:30	Pilates 14:00-14:45 Jyuri Yasuda		Latin 14:15-15:15 Mukai		Shade Yoga 14:30-15:40 Hiromi	One point lesson for 4 types of swimming 14:05-14:35 Koike		Jazz Dance 14:10-15:10 Senuma	↓ Time Change Stretch 14:40-15:00 Yuya Takahashi	Hula 13:45-14:45 Yuko Hukui				
14:00														
14:30														
15:00	ZUMBA 15:00-16:00 Meg	One point lesson for 4 types of swimming 14:30-15:00 Koike	NEW ↓ Cool down Stretch 15:30-16:00 Kimitake Harada			Aqua 30 15:00-15:30 Reina Kakuno		Ballet 15:20-16:20 Maki	↓ Time Change Stretch 14:40-15:00 Yuya Takahashi	Hip Training & Strech 15:00-15:40				
15:30														
16:00														
16:30														
17:00	↓ Time Change Stretch 17:35-17:55 Yuya Takahashi													
17:30														
18:00	Hip Training 18:00-18:25 Yuya Takahashi		Movement Training 18:00-18:30 Kimitake Harada		Stretch 18:00-18:30 Yuya Takahashi									
18:30														
19:00	HIP HOP 18:35-19:25 Suguru Aizawa		Street Dance 18:40-19:40 SACHIKO		Body Make-up Yoga 18:40-19:40 Mikiko	NEW ↓ Crawl 18:55-19:25 Yoshinari Mochizuki		ZUMBA 18:40-19:40 Yumiko						
19:30														
20:00	Aerobics 19:35-20:35 Mikiko	Yamazaki Dojo 19:15-20:20 Issei Yamazaki	Body Shape 19:50-20:50 Masaki Kitamura	Max: 15	Detox Yoga 19:50-20:50 YUCA	Butterfly 19:30-20:00 Yoshinari Mochizuki		Power Pilates 19:50-20:50 Yuri	NEW ↓ Yamazaki Dojo 19:30-20:35 Issei Yamazaki	Refresh Yoga 18:40-19:40 Yuki				
20:30														
21:00	Healing Yoga 20:45-21:35 KANA		Stretch 21:00-21:30 Masaki Kitamura											
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	

●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

NEW ↓

Ticket: A

Ticket: A

Using 2 lanes during Aqua30 & One point

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

Ticket: A

Only for ADVANCED

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

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

NEW ↓

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

: Self training with one point advice in the blue box

12/7・12/21
Kimitake Harada
12/14・12/28
Yuya Takahashi