

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 | | 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 | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 9:00 | | | | SMART SWIM 9:00-9:30 TAKEI | | | | | | | AQUA BALANCE 9:00-9:30 TAKEI | | | |
| 9:30 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | |
| 10:30 | Max: 18 | | Max: 18 | | | | | | | | | | | |
| 11:00 | Body Structure conditioning 11:00-12:00 Ryuko konno | Using 1 LANE during personal lessons | Balletone 10:30-11:30 Yoshino | Using 1 LANE during personal lessons | Hatha Yoga 10:30-11:30 Kaoru Maki | Aqua Stretch 10:45-11:05 Kimitake Harada | | 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 | J Renewal Active Stretch 12:20-12:40 Yuya Takahashi | | 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 | Dumbbell workout 12:45-13:05 Yuya Takahashi | | | | | | | | | | | | | |
| 13:30 | Abs Training 13:10-13:30 Yuya Takahashi | 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 | | | | | | |
| 14:00 | Pilates 14:00-14:45 Jyuri Yasuda | | | | | | | | | | | | | |
| 14:30 | | One point lesson for 4 types of swimming 14:30-15:00 Koike | Latin 14:15-15:15 Mukai | | | One point lesson for 4 types of swimming 13:35-14:05 Koike | | | | | | | | |
| 15:00 | Alternate-week lesson 15:00-16:00 Yumiko | One point lesson for 4 types of swimming 15:05-15:35 Koike | | | Shade Yoga 14:30-15:40 Hiromi | Aqua 30 15:00-15:30 Rena Kakuno | | Ballet (Beginner) or Jazz Dance 15:05-16:05 Maki | Stretch 14:40-15:00 Yuya Takahashi | Hula 13:45-14:45 Tayoko Hujii | | | | |
| 15:30 | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | |
| 18:00 | Trainer Change Stretch 17:35-17:55 Kimitake Harada | | | | | | | | | | | | | |
| 18:30 | Hip Training 18:00-18:25 Kimitake Harada | | Burnout kickboxing workout 17:50-18:50 Ryuko konno | Max: 15 | | Abs Training 17:35-17:55 Yuya Takahashi | | | | | | | | |
| 19:00 | HIP HOP 18:35-19:25 Suguru Aizawa | | | | | Stretch 18:00-18:30 Yuya Takahashi | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | |
| 20:00 | Healing Yoga 19:35-20:25 KANA | Swimming For Beginner 19:15-19:45 Iseei Yamazaki | Street Dance 19:00-20:00 SACHIKO | | | Aqua Boxing 18:55-19:25 Yoshinari Mochizuki | | ZUMBA 18:40-19:40 Yumiko | Aqua Walking 18:45-19:15 Hayato Suzuki | Refresh Yoga 18:40-19:40 Yuki | | | | |
| 20:30 | | Yamazaki Dojo 19:50-20:20 Iseei Yamazaki | | | | Swimming For Beginner 19:30-20:00 Yoshinari Mochizuki | | | | | | | | |
| 21:00 | | | Beauty Workout & Recovery Conditioning 20:10-21:10 Yohei Honma | | | | | | | | | | | |
| 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

Lesson will change Every other week!
9/2.30 ZUMBA
9/9.23 DISCO WORLD

Lesson will change Every other week!
9/5.12 Ballet(Beginner)
9/19.26 Jazz Dance

Using 2 lanes during Aqua30 & One point

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

: 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 |
|----------------|------------------------------|---------------------------------|----------------|
| 9/7 (土) | ウォームアップストレッチ ポールコンディショニング | 12:00-12:20 16:20-16:50 | 原田 公威 → 高橋 勇弥 |
| 9/13・20 (金) | 初心者水泳・平泳ぎ | 19:15-20:20 | 小林 祐也 → 休講 |
| 9/16 (月) | ZUMBA ↓ ヒップトレ | 15:00-16:00 ↓ 15:00-15:45 | Yumiko → 高橋 勇弥 |
| 9/27 (金) | 初心者水泳・平泳ぎ | 19:15-20:20 | 小林 祐也 → 山崎 一成 |
| 9/25 (水) | アクア30 ↓ 水中ウォーキング | 15:00-15:30 | 角野 玲奈 → 安田 樹里 |
| 9/25 (水) | ワンポイントレッスン4泳法 ↓ アクア30 | 15:40-16:10 | 角野 玲奈 → 安田 樹里 |