

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	30th(Mon.)
				10:00 Supersonic Wave Machine School			
10:30 Supersonic Wave Machine (Raku-Raku)	10:30 Supersonic Wave Machine (Shape Up)		10:30 Pilates Walking in the Water	10:45			
11:15	11:15	11:00 NEW! Aquabics 45	11:00 Body Care Flow	11:00 Supersonic Wave Machine (Shape Up)	11:00 Supersonic Wave Machine (Raku-Raku)		11:00 Aquabics 30
11:30 Dumbbell Walk	11:45	11:45	11:20	11:45	11:45	11:45	11:30
12:00	Shape Up 45		11:45 Aquabics 30 &Dumbbell Shape Up		12:00 Aquabics 45	Aquadance 45	11:45 Supersonic Wave Machine (Raku-Raku)
	12:30		12:30		12:45	12:30	12:30
Personal Lesson 12:30~13:00 13:00~13:30 13:30~14:00		13:15 Back stroke Beginner	Personal Lesson 13:15~13:45 13:45~14:15		13:00 Breast stroke Beginner	Personal Lesson 12:45~13:15 13:15~13:45 13:45~14:15	12:45 Bideo check
	13:45 Walking in the Water	14:00					13:30
14:15 Walking in the Water &Stretch	14:15	14:15 Conditioning Swim	14:30	14:15 Walking in the Water &Shape Up	13:45	14:30	14:00 Walking in the Water &Stretch
15:00	14:25 Back stroke Intermediate	14:45 Waist Shape Swim	14:50 Butterfly stroke Beginner	15:00	13:55 Crawl Stroke Beginner	14:30 Crawl Stroke Intermediate	14:45
15:10 NEW!	15:10	15:20	15:15	15:10 Skill	14:40	15:15	14:55
Aquabics 30	15:20 Challenge Hydroaqua	15:30 Aquabics 30	15:30 Power Walking &Training	Improvement	14:50 Challenge Hydroaqua	15:30 Supersonic Wave Machine (Raku-Raku)	Crawl Stroke Beginner
15:40	15:50 Personal Lesson 16:00~16:30	16:00	16:00		15:20	16:15	15:40
			16:10 Aquabics 30				
			16:40				
19:00 Challenge Hydroaqua	19:00 NEW! Walking&jog	19:00 Crawl stroke Beginner	19:15 Dumbbell Dance	19:00 Power Hydroaqua			
19:30	19:30	19:30	19:30	19:30			
19:40 Body Care Flow	19:40 NEW! Aquabics 30	19:40 Breast stroke Beginner	19:35 Water Pilates	19:40 Crawl Stroke Beginner			
19:55	20:10	20:10	20:05	20:10			
Personal Lesson 20:15~20:45			20:15 Supersonic Wave Machine (Body Care)				
			21:00				

We will be closed on the 5(Thu.) - 15(Sun.)

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	20th(Tue.)
				10:00 Supersonic Wave Machine School			
10:30 Supersonic Wave Machine (Raku-Raku)	10:30 Supersonic Wave Machine (Shape Up)		10:30 Pilates Walking in the Water	10:45			10:30 Supersonic Wave Machine (Raku-Raku)
11:15	11:15	11:00 Aqua Variety	11:00 11:05 Body Care Flow	11:00 Supersonic Wave Machine (Shape Up)			11:15
11:40 Dumbbell Walk	11:45	11:45	11:45	11:45		11:45	11:45
12:10 12:20 Crawl Stroke Introductory	Shape Up 45 12:30		Aquabics 30 &Dumbbell Shape Up 12:30		12:00 Aquabics 45	Aquadance 45 12:30	Aquadance 45 12:30
12:50			Personal Lesson		12:45	Personal Lesson	Personal Lesson
Personal Lesson 13:00~13:30 13:30~14:00	13:45 Walking in the Water		12:45~13:15 13:15~13:45 13:45~14:15		13:00 Back stroke Beginner	12:45~13:15 13:15~13:45 13:45~14:15	12:45~13:15 13:15~13:45 13:50 Pool side Hot Yoga
14:15 Walking in the Water &Stretch	14:30 Butterfly stroke Intermediate	14:15 Conditioning Swim 14:45 14:50 Waist Shape Swim	14:30 Breast stroke Beginner	14:15 Walking in the Water &Shape Up 15:00	13:45 Crawl Stroke Intermediate	14:30 Crawl Stroke Beginner	14:20 14:30 Challenge Hydroaqua 15:00
15:00 15:15 Crawl Stroke Beginner 15:45	15:15 15:30 Challenge Hydroaqua	15:20 15:30 Aquabics 30	15:15 15:30 Power Walking &Training	15:30 Skill Improvement	14:40 14:50 Challenge Hydroaqua	15:15 15:30 Supersonic Wave Machine (Raku-Raku)	15:10 Crawl Stroke Beginner 15:55
	16:00	16:00	16:00 16:10 Aquabics 30 16:40	16:00	15:20	16:15	
19:00 Challenge Hydroaqua 19:30	19:00 Aquabics 30 19:30	19:00 Back stroke Beginner 19:30	19:15 Dumbbell Dance 19:30	19:00 Power Hydroaqua 19:30			
19:40 Crawl Stroke Advance 20:10	19:35 Body Care Flow 19:50	19:40 Back stroke Intermediate 20:10	19:35 Water Pilates 20:05	19:40 Crawl Stroke Beginner 20:10			
	20:00 Skill Improvement 20:30		20:15 Supersonic Wave Machine (Body Care) 21:00				

We will be closed on the 3/5(Mon.)・17(Sat.)