Esforta AKASAKA STUDIO PROGRAM

TEL 03-3405-1177

[URL] http://www.esforta.co.jp [mobile] http://www.esfo.jp

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun	THU	FRI
				7:20 Morning Tai-Chi 8:00 <40>				
	8:00 Morning Yoga 9:00				9:30 空手 Karate 《Registered》 10:30			
10:00 Morning Stretching 10:20 <20>		10:00 Morning Stretching 10:20 <20>		10:00 Morning Stretching 10:20 <20>				
10:30 Low Impact Beginner 11:30	10:30 Hula Dance 11:30	10:30 Pelvic Exercise &Yoga 11:30	10:30 Yoga 11:30	10:30 Low Impact Beginner 11:10 <40>	10:40 Shape Up Low Impact Pre-Intermediate 11:40	10:15 Yoga 11:15	10:30 Yoga 11:30	10:30 Flex EX 10:50 <20>
11:45 Belly Dance 12:45	11:40 Party Funk 12:25 <45>	11:45 Tai-Chi 12:45	11:45 Belly Dance 12:45	11:20 Ball Ex. 11:50 <30>	11:50 Ballet Stretching 12:20 <30>	11:35 Shape Up Low Impact Pre-Intermediate 12:35	11:45 Belly Dance 12:45	10:55 Flex Stretching 11:25 <30>
	12:30 Body Make 12:50 <20>			12:00 Stretching with Stretch Pole 12:30 <30>	12:25 Ballet Pre-Intermediate 13:25	12:45 ZUMBA<45> 13:30		11:40 BFS GROUP/KICK <45> 12:40
13:00 Ballet Stretching 13:30 <30>	13:00 Shape Up Low Impact Pre-Intermediate 14:00	13:00 Dumbbell Shape Up Pre-Intermediate 14:00	13:00 Mat Pilates 14:00	13:00 Dorainage Yoga 14:00	13:35 TRY YOGA powered by adidas <50> 14:25	13:40 Mat Pilates 14:40	13:00 Circuit Aerobics <75> 14:15	13:00 TRY YOGA powered by adidas <50> 13:50
13:35 Ballet Beginner <50> 14:25	14:15 Self Body Adjustment 15:15	14:15 Monariza Exercise 15:15	14:15 STEP Intermediate 15:15	14:15 Hi-Lo Combo Pre-Intermediate 15:15	14:35 Low Impact Beginner 15:35	14:50 Aroma Roller 15:10 <20>	14:25 JAZZ DANCE 15:25	14:15 Hi-Lo Combo Pre-Intermediate 15:15
14:35 STEP Beginner 15:35	15:30 STEP Pre-Intermediate 16:30	15:30 ZUMBA 16:30	15:30 POWER Pilates 16:30	15:30 ZUMBA 16:30	15:45 Aroma Detox Yoga 16:45	15:20 STRIKE BOXING 16:10	15:30 nutrion seminar 15:50	15:30 ZUMBA 16:30
15:45 Pelvic Yoga 16:45						16:20 Lymph Relax 17:20		
	18:30 Yoga <50> 19:20	18:30 Low Impact Beginner 19:10 <40>						
19:00 Power Yoga 20:00	19:30 TRY YOGA powered by adidas <50> 20:20	19:20 RESET BODY 20:20	19:10 BFS GROUP/KICK <45> 19:55	19:00 Yoga <50> 19:50				
20:10 Aerobics Beginner 21:10	20:30 TRY POWER powered by adidas <50> 21:20	20:30 Hi-Lo Combo Intermediate 21:45	20:05 JAZZ DANCE 21:05	20:10 BFS GROUP/KICK <45> 20:55	The closing day of this month 5th (SAT) 17th (THU) ◎Please refrain from the entrance with it being past class start time.			

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April

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11:45 Belly Dance 12:45	11:40 Party Funk 12:25 ＜45＞	11:45 Tai-Chi 12:45	11:45 Belly Dance 12:45	11:20 Ball Ex. 11:50 <30>	11:50 Ballet Stretching 12:20 <30>	11:35 Shape Up Low Impact Pre-Intermediate 12:35	11:45 Belly Dance 12:45
	12:30 Body Make 12:50 ＜20＞			12:00 Stretching with Stretch Pole 12:30 <30>	12:25 Ballet Pre-Intermediate 13:25	12:45 ZUMBA＜45＞ 13:30	13:00 Ballet Stretching 13:30 <30>
13:00 Ballet Stretching 13:30 <30>	13:00 Shape Up Low Impact Pre-Intermediate 14:00	13:00 Dumbbell Shape Up Pre-Intermediate 14:00	13:00 Mat Pilates 14:00	13:00 Dorainage Yoga 14:00	13:35 TRY YOGA powered by adidas <50> 14:25	13:40 Mat Pilates 14:40	13:35 Ballet Beginner <50> 14:25
13:35 Ballet Beginner <50> 14:25	14:15 Self Body Adjustment 15:15	14:15 Monariza Exercise 15:15	14:15 STEP Pre-Intermediate 15:15	14:15 Hi-Lo Combo Pre-Intermediate 15:15	14:35 Low Impact Beginner 15:35	14:50 Aroma Roller 15:10 ＜20＞	14:35 STEP Pre-Intermediate 15:35
14:35 STEP Pre-Intermediate 15:35	15:30 STEP Pre-Intermediate 16:30	15:30 ZUMBA 16:30	15:30 POWER Pilates 16:30	15:30 ZUMBA 16:30	15:45 Aroma Detox Yoga 16:45	15:20 STRIKE BOXING 16:10	15:45 Pelvic Yoga 16:45
15:45 Pelvic Yoga 16:45						16:20 Lymph Relax 17:20	
	18:30 Yoga <50> 19:20	18:30 Low Impact Beginner 19:10 <40>	19:10 BFS GROUP/KICK <45> 19:55	19:00 Yoga <50> 19:50			
19:00 Power Yoga 20:00	19:30 TRY YOGA powered by adidas <50> 20:20	19:20 RESET BODY 20:20					
20:10 Aerobics Beginner 21:10	20:30 TRY POWER powered by adidas <50> 21:20	20:30 Hi-Lo Combo Intermediate 21:45	20:05 JAZZ DANCE 21:05	20:10 BFS GROUP/KICK <45> 20:55	The closing day of this month 5th （THU） 15th （SUN） ◎Please refrain from the entrance with it being past class start time.		