

月 Monday 12, 19, 26		火 Tuesday 13, 20, 27		水 Wednesday 7, 14, 21, 28		木 Thursday 1, 8, 15, 22, 29		金 Friday 2, 16, 23, 30	
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL
7:00									
8:00	Yoga 8:00 ~ 8:50 Watanabe	Yoga 8:00 ~ 8:50 Watanabe		Body Care 7:40 ~ 8:40 Morita		Yoga 8:00 ~ 8:50 mai		Tai-Chi 7:50 ~ 8:40 Matsuya	
9:00									
10:00	Function Improvement Exercise Basic 9:30 ~ 10:15 Sakurai	Vocarhythm 10:00 ~ 11:00 Mitarai	Aquatic Walking 10:15 ~ 10:45 Yamamoto	Yoga 10:00 ~ 11:00 Kuroda	Aquatic Walking 10:30 ~ 11:00 Ida	Function Improvement Exercise 10:00 ~ 10:45 Okushi		Body Care 10:00 ~ 11:00 Morita	Crawl Beginner 9:50 ~ 10:20 Mitsuyasu Butterfly Beginner 10:30 ~ 11:00 Mitsuyasu
11:00	Low Impact Beginner 10:30 ~ 11:30 Sakurai	Function Improvement Stretching 11:10 ~ 11:55 Matsuoka	Original Aquabics 11:00 ~ 11:30 Chounan	Sintex@ ~Conditioning~ 11:15 ~ 12:15 Inoue	Hydro Training 11:10 ~ 11:40 Ida Capacity14	RITOMOS@ 10:55 ~ 11:55 Okushi	Aquatic Walking 10:50 ~ 11:20 Yamamoto	Yoga 11:15 ~ 11:45 Imai	Aquatic Walking Class 11:15 ~ 12:00 Ota
12:00	Function Improvement Exercise 11:45 ~ 12:45 Sakurai	Pilates 12:05 ~ 13:05 Matsuoka	Mitt Aquabics 11:45 ~ 12:30 Kurata	Sintex@~Tone~ 12:30 ~ 13:30 Inoue	Core Conditioning Aqua 12:40 ~ 13:10 *SEN*	Sintex@~Tone~ 12:05 ~ 13:05 Kiyomi	Aquabics 12:10 ~ 12:40 Akane	Yoga 11:55 ~ 12:55 Imai	Aquatic Walking 12:10 ~ 12:40 Ota
13:00	ZUMBA@ 13:00 ~ 14:00 Sato Wataru	STEP Warm up & Training 13:15 ~ 14:15 Matsuoka		Freestyle Basic Start 13:40 ~ 14:10 Iuchi	Aqua Dance 13:20 ~ 13:50 *SEN*	Dance Aerobics 13:15 ~ 14:15 Iguchi	Crawl Intermediate 13:30 ~ 14:00 Kojima	Pelvic Stretching 13:10 ~ 14:10 Matsuoka	Hydro Conditioning 12:50 ~ 13:20 Ota Capacity14
14:00	Pilates 14:10 ~ 15:10 SACHIKO	Body Care 14:25 ~ 15:25 Shibuya	Breast stroke Intermediate 14:00 ~ 14:30 Tsutsui	Freestyle Basic 14:20 ~ 15:20 Iuchi	Breast stroke Beginner 14:00 ~ 14:30 Yamamoto	Low Impact Intermediate 14:25 ~ 15:10 Iguchi	Back stroke Intermediate 14:10 ~ 14:40 Kojima	Hi-Lo Combo Pre-Intermediate 14:20 ~ 15:20 Matsuoka	Swim with Fin Beginner 15:00 ~ 15:30 Kojima
15:00	Yoga 15:20 ~ 16:20 SACHIKO	Latin Dance Start 15:35 ~ 16:05 Sasaki Luis	Individual Medley Intermediate 14:40 ~ 15:10 Tsutsui	Yoga 15:35 ~ 16:35 Kurihara Yuri	Crawl Beginner 14:40 ~ 15:10 Yamamoto	MOSSA Group Fight@ 15:20 ~ 16:20 ZAKI	Individual Medley Advanced 14:50 ~ 15:35 Kojima	Ballet Beginner 15:30 ~ 16:30 Endo Wakiko Capacity12	Breast stroke Intermediate 15:40 ~ 16:10 Kojima
16:00		Latin Dance 16:15 ~ 17:15 Sasaki Luis							
17:00									
18:00	ZUMBA@ 18:15 ~ 19:15 Shinmura	Yoga 18:20 ~ 19:20 Suzuki	Butterfly Pre-Advanced 19:00 ~ 19:30 Mori	Pilates 18:10 ~ 19:10 Kawamitsu	Back stroke Beginner 18:00 ~ 18:30 Mitsuyasu	Jazz Dance 18:05 ~ 18:50 Matsumoto		Strike Boxing 18:05 ~ 18:50 BRAFT MATSU	
19:00	Low Impact Pre-Intermediate 19:25 ~ 20:10 Hirano	ZUMBA@ 19:30 ~ 20:30 ANNA	Long-Distance Swimming Advanced 19:40 ~ 20:25 Mori	UBOUND@ 19:25 ~ 20:10 Chikama Capacity15	Swim with Fin Intermediate 18:40 ~ 19:10 Mitsuyasu	RADICAL POWER@ 19:05 ~ 20:05 Shimada	Aqua Dance 19:00 ~ 19:30 *SEN*	Yoga 19:00 ~ 19:45 Yuta	
20:00	Yoga 20:35 ~ 21:25 Comari	RADICAL POWER@ 20:45 ~ 21:30 Kayama		Yoga 20:25 ~ 21:25 Maki	Long-Distance Swimming Beginner 19:20 ~ 19:50 Mitsuyasu	UBOUND@ 20:25 ~ 21:10 Shimada Capacity15	Hydro Training 19:40 ~ 20:10 *SEN* Capacity14	MEGADANZ@ 19:55 ~ 20:55 Syu	
21:00									
22:00									
23:00									

土 Saturday 10, 17, 24, 31		日 Sunday 11, 18, 25	
スタジオ	プール	スタジオ	プール
7:00			
8:00	Yoga 8:30 ~ 9:30 Tetsuya	Pilates 8:00 ~ 9:00 Sato	
9:00		SPINEFITTER 9:20 ~ 9:50 Staff Capacity10	
10:00	Shape up walk Pre-Intermediate 10:30 ~ 11:30 Matsuoka	Yoga 10:00 ~ 11:00 Umeda	Aquatic Walking 10:00 ~ 10:30 Ota
11:00	Conditioning Stretching 11:45 ~ 12:35 Matsuoka	Shape up walk Pre-Intermediate 11:10 ~ 12:10 Chounan	Crawl Beginner 10:40 ~ 11:10 Ota
12:00	ZUMBA® 12:45 ~ 13:45 ANNA	Pilates 12:20 ~ 13:20 Yoshida	Butterfly Introductory 11:20 ~ 11:50 Ota
13:00	Release Conditioning 13:55 ~ 14:25 Staff	SALSATION® 13:35 ~ 14:35 Kimie	Aqua Dance 13:00 ~ 13:45 ★TAM★
14:00	Low Impact Beginner 14:40 ~ 15:40 Ogawa	MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira	
15:00	MOSSA Group Power® 15:55 ~ 16:40 YUMA	UBOUND® 15:45 ~ 16:30 Chounan Capacity15	
16:00	MOSSA Group Fight® 16:55 ~ 17:40 YUMA	Yoga 16:45 ~ 17:45 Suzuki	
17:00			
18:00			
19:00			
20:00			
<p>◆Capacity STUDIO : 21 POOL (swim) : 8 POOL (Long swim) :10 POOL (other) : 16</p>		<p>Please book a lesson from application Reservations can only be made by the person. Reservations can be made 3 hours before the program starts.</p>	

May close day

Shibuya 1 1 th(Sun)	Ichigaya 6 th(Tue)	Akasaka 9 th(Fri)
Yokohama 8 th(Thu)	Roppongi 8 th(Thu)	

Lesson Mark

Projection Workout
This program provides lessons in extraordinary space using projected images.

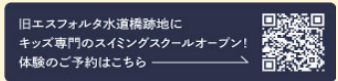
Subject	Day	Time	Instructor	Lesson	Day	Time	Instructor	Lesson
	Mon	8:00-8:50	Watanabe	Yoga	Fri	11:55-12:55	Imai	Yoga
	Tue	8:00-8:50	Watanabe	Yoga	Sat	8:00-9:00	Tetsuya	Yoga
	Wed	10:00-11:00	Kuroda	Yoga	Sun	8:00-9:00	Sato	Pilates
	Thu	8:00-8:50	mai	Yoga	Sun	10:10-11:10	Umeda	Yoga
	Fri	11:15-11:45	Imai	Yoga	Sun	16:35-17:35	Suzuki	Yoga

Pay Program

Walking School

2 times /month ¥2,640tax in
3 times /month ¥3,960tax in
4 times /month ¥5,280tax in
5times /month ¥6,600tax in

Day	Class Hours	Instructor	Class Title	Course Outline
Fri	11:15~12:00	Ota	Aquatic Walking	Walking and stretching with the core in mind



月 Monday 7, 14, 21, 28		火 Tuesday 1, 8, 15, 22		水 Wednesday 2, 9, 16, 23, 30		木 Thursday 3, 10, 17, 24		金 Friday 4, 11, 28, 25	
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL
7:00									
8:00	Yoga 8:00 ~ 8:50 Watanabe	Yoga 8:00 ~ 8:50 Watanabe		Body Care 7:40 ~ 8:40 Morita		Yoga 8:00 ~ 8:50 mai		Tai-Chi 7:50 ~ 8:40 Matsuya	
9:00									
10:00	Function Improvement Exercise Basic 9:30 ~ 10:15 Sakurai	Vocarhythm 10:00 ~ 11:00 Mitarai	Aquatic Walking 10:15 ~ 10:45 Yamamoto	Yoga 10:00 ~ 11:00 Kuroda	Aquatic Walking 10:30 ~ 11:00 Ida	Function Improvement Exercise 10:00 ~ 10:45 Okushi		Body Care 10:00 ~ 11:00 Morita	Crawl Beginner 9:50 ~ 10:20 Mitsuyasu Butterfly Beginner 10:30 ~ 11:00 Mitsuyasu
11:00	Low Impact Beginner 10:30 ~ 11:30 Sakurai	Aquatic Walking 11:00 ~ 11:30 Yamamoto	Original Aquabics 11:00 ~ 11:30 Chounan	Sintex@ ~Cardio~ 11:15 ~ 12:15 Inoue	Hydro Training 11:10 ~ 11:40 Ida Capacity14	RITOMOS@ 10:55 ~ 11:55 Okushi	Aquatic Walking 10:50 ~ 11:20 Yamamoto	Yoga 11:15 ~ 11:45 Imai	Aquatic Walking Class 11:15 ~ 12:00 Ota
12:00	Function Improvement Exercise 11:45 ~ 12:45 Sakurai	Swim with Fin Beginner 11:40 ~ 12:10 Yamamoto	Mitt Aquabics 11:45 ~ 12:30 Kurata	Sintex@ ~Tone~ 12:30 ~ 13:30 Inoue	Core Conditioning Aqua 12:40 ~ 13:10 *SEN*	Sintex@ ~Tone~ 12:05 ~ 13:05 Kiyomi	Aquabics 12:10 ~ 12:40 Akane	Yoga 11:55 ~ 12:55 Imai	Aquatic Walking 12:10 ~ 12:40 Ota
13:00	ZUMBA@ 13:00 ~ 14:00 Sato Wataru	Pilates 12:05 ~ 13:05 Matsuoka		STEP Warm up & Training 13:15 ~ 14:15 Matsuoka	Aqua Dance 13:20 ~ 13:50 *SEN*	Dance Aerobics 13:15 ~ 14:15 Iguchi			Hydro Conditioning 12:50 ~ 13:20 Ota Capacity14
14:00	Pilates 14:10 ~ 15:10 SACHIKO	Back stroke Intermediate 14:40 ~ 15:10 Wajiki	Breast stroke Intermediate 14:00 ~ 14:30 Tsutsui	Freestyle Basic Start 13:40 ~ 14:10 Tuchi	Breast stroke Beginner 14:00 ~ 14:30 Yamamoto	Low Impact Intermediate 14:25 ~ 15:10 Iguchi	Crawl Intermediate 13:30 ~ 14:00 Kojima	Pelvic Stretching 13:10 ~ 14:10 Matsuoka	
15:00	Yoga 15:20 ~ 16:20 SACHIKO	Long-Distance Swimming Advanced 15:20 ~ 16:05 Wajiki	Individual Medley Intermediate 14:40 ~ 15:10 Tsutsui	Freestyle Basic 14:20 ~ 15:20 Tuchi	Crawl Beginner 14:40 ~ 15:10 Yamamoto	MOSSA Group Fight@ 15:20 ~ 16:20 ZAKI	Back stroke Intermediate 14:10 ~ 14:40 Kojima	Hi-Lo Combo Pre-Intermediate 14:20 ~ 15:20 Matsuoka	Swim with Fin Beginner 15:00 ~ 15:30 Kojima
16:00		Latin Dance Start 15:35 ~ 16:05 Sasaki Luis		Yoga 15:35 ~ 16:35 Kurihara Yuri			Individual Medley Advanced 14:50 ~ 15:35 Kojima	Ballet Beginner 15:30 ~ 16:30 Endo Wakiko Capacity12	Breast stroke Intermediate 15:40 ~ 16:10 Kojima
17:00		Latin Dance 16:15 ~ 17:15 Sasaki Luis							
18:00	ZUMBA@ 18:15 ~ 19:15 Shinmura	Yoga 18:15 ~ 19:15 Suzuki		Pilates 18:10 ~ 19:10 Kawamitsu	Back stroke Beginner 18:00 ~ 18:30 Mitsuyasu	Jazz Dance 18:05 ~ 18:50 Matsumoto		Strike Boxing 18:05 ~ 18:50 BRAFT Instructor	
19:00	Low ImpactPre-Intermediate 19:25 ~ 20:10 Hirano	Crawl Beginner 19:00 ~ 19:30 Ota	Butterfly Pre-Advanced 19:00 ~ 19:30 Mori	UBOUND@ 19:25 ~ 20:10 Chikama Capacity15	Swim with Fin Intermediate 18:40 ~ 19:10 Mitsuyasu		Aqua Dance 19:00 ~ 19:30 *SEN*	Yoga 19:00 ~ 19:45 Yuta	
20:00		Hydro Conditioning 19:45 ~ 20:15 Ota Capacity14	Long-Distance Swimming Advanced 19:40 ~ 20:25 Mori	Yoga 20:25 ~ 21:25 Maki	Long-Distance Swimming Beginner 19:20 ~ 19:50 Mitsuyasu	RADICAL POWER@ 19:05 ~ 20:05 Shimada	Hydro Training 19:40 ~ 20:10 *SEN* Capacity14	MEGADANZ@ 19:55 ~ 20:55 Syu	
21:00	Yoga 20:35 ~ 21:25 Comari	RADICAL POWER@ 20:40 ~ 21:25 Kayama				UBOUND@ 20:25 ~ 21:10 Shimada Capacity15			
22:00									
23:00									

2025. April AKASAKA

土 Saturday 5, 12, 19, 26		日 Sunday 6, 13, 27	
スタジオ	プール	スタジオ	プール
7:00			
8:00		Pilates 8:00 ~ 9:00 Sato	
9:00	Yoga 8:30 ~ 9:30 Tetsuya		
	Long-Distance Swimming Intermediate 9:30 ~ 10:00 Mitsuyasu	SPINEFITTER 9:20 ~ 9:50 Staff 定員10名	
10:00	Breast stroke Beginner 10:10 ~ 10:40 Mitsuyasu	Yoga 10:00 ~ 11:00 Umeda	Aquatic Walking 10:00 ~ 10:30 Ota
11:00	Shape up walk Pre-Intermediate 10:30 ~ 11:30 Matsuoka		Crawl Beginner 10:40 ~ 11:10 Ota
	Aquabics 10:50 ~ 11:20 Tsujimoto		Butterfly Introductory 11:20 ~ 11:50 Ota
12:00	Conditioning Stretching 11:45 ~ 12:35 Matsuoka	Shape up walk Pre-Intermediate 11:10 ~ 12:10 Chounan	
	Aquabics 12:10 ~ 12:40 Tsujimoto		
13:00	ZUMBA® 12:45 ~ 13:45 ANNA	Pilates 12:20 ~ 13:20 Yoshida	Aqua Dance 13:00 ~ 13:45 ★TAM★
14:00	Release Conditioning 13:55 ~ 14:25 Staff	SALSATION® 13:35 ~ 14:35 Hasegawa Kimie	
15:00	Low Impact Beginner 14:40 ~ 15:40 Ogawa	MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira	
	Crawl Introductory 14:40 ~ 15:10 Mori		
	Back stroke Introductory 15:20 ~ 15:50 Mori		
16:00	MOSSA Group Power® 15:55 ~ 16:40 YUMA	UBOUND® 15:45 ~ 16:30 Chounan 定員15名	
	Crawl Pre-Advanced 16:00 ~ 16:30 Mori		
17:00	MOSSA Group Fight® 16:55 ~ 17:40 YUMA	Yoga 16:45 ~ 17:45 Suzuki	
	Long-Distance Swimming Advanced 16:40 ~ 17:25 Mori		
18:00			
19:00			
20:00			

◆Capacity
STUDIO : 21
POOL (swim) : 8
POOL (Long swim) : 10
POOL (other) : 16

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Reservations can be made 3 hours
before the program starts.

April close day

Shibuya 5 th(Sat)	Ichigaya 6 th(Sun)	Akasaka 2 0 th(Sun)
Yokohama 8 th(Tue)	Roppongi 8 th(Tue)	

Lesson Mark

Projection Workout

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Subject	Day	Time	Instructor	Lesson	Day	Time	Instructor	Lesson
	Mon	8:00-8:50	Watanabe	Yoga	Fri	11:55-12:55	Imai	Yoga
	Tue	8:00-8:50	Watanabe	Yoga	Sat	8:00-9:00	Tetsuya	Yoga
	Wed	10:00-11:00	Kuroda	Yoga	Sun	8:00-9:00	Sato	Pilates
	Thu	8:00-8:50	mai	Yoga	Sun	10:10-11:10	Umeda	Yoga
	Fri	11:15-11:45	Imai	Yoga	Sun	16:35-17:35	Suzuki	Yoga

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