Esforta ICHIGAYA STUDIO PROGR

TEL03－3269－8799 URL http://www.esforta.co.jp/ Mobile http://w
URL http://www.esforta.co.jp/ Mobile http://www.esfo.jp

MAY

Mon	Tue	Wed	Thu	Fri	Sat	Sun	3 (Thu)	4 (Fri)
7:30 Yoga 8:20 <50>			7:30 Yoga 8:20 <50>			10:00 Nordic-events stretch 10:45		10:15 The “Otomeiku seminer”
10:30 Low Impact Beginner 11:30	10:30 Reflesh Exercise 11:30	10:30 Shape up Low Impact Pre-Intermediate 11:30	10:30 Yoga 11:30	10:30 Dumbbell Shape Up 11:30	10:30 Pilates Stretch 11:30	10:30 Low Impact Beginner 11:30	10:30 Yoga 11:30	Pilates Stretch <75> 11:30
11:45 Pelvic Exercise 12:45	11:45 Yoga 12:45	11:45 Monariza Exercise 12:45	11:40 Walk Beginner 12:10 ＜30＞ 12:20 Body Conditioning ＜20＞ 12:40	11:45 Yoga 12:45	11:40 Hi-Lo Combo Intermediate 12:40	11:40 Yoga 12:40	11:40 Jog Beginner 12:40	11:40 Low Impact Beginner 12:40
13:00 Shape up Low Impact Pre-Intermediate 14:00	13:00 Low Impact Beginner 14:00	13:00 ZUMBA <45> 13:45 13:55 Ballet Stretting 14:25 <30>	12:50 Pelvic Exercise 13:50	12:55 Ballet Stretting 13:15 <20> 13:20 Ballet Pre-Intermediate 14:20	12:50 ZUMBA 13:50 14:00 beauty-Abs ＜20＞ 14:20	13:00 Hula Dance 14:00 14:10 BFS GROUP/KICK 14:55	12:50 The “Otomeiku seminer” 13:50 14:00 beauty-Abs ＜20＞ 14:20	12:50 Ballet <75> 14:05 14:15 ZUMBA <45> 15:00
14:10 Yoga 15:10 15:20 beauty-Abs ＜20＞ 15:40	14:10 Pelvic Exercise & Lymph 15:10 15:20 HIP HOP 16:20	14:30 Ballet Pre-Intermediate 15:30 15:40 Let’s core training ! ＜20＞ 16:00	14:00 Yoga ＜20＞ 14:20 14:30 House Dance <60> 15:30 16:00 Ballet (Charge) 17:00	14:30 Low Impact Pre-Intermediate 15:10 ＜40＞ 15:20 beauty-Abs ＜30＞ 15:50	14:30 Mat Pilates 15:30 15:40 Ballet Pre-Intermediate 16:40 16:50 Yoga 17:50	14:55 15:05 Street Dance Free Style 16:05 16:15 BEGIN・The Studio 16:35 <30> 16:45 STEP Condishoning Intermediate 18:00	14:30 House Dance <60> 15:30 15:40 STEP 16:40	15:10 Yoga ＜40＞ 15:50 16:00 BFS GROUP/KICK <60> 17:00
18:30 Shape up Low Impact Pre-Intermediate 19:30	18:30 ZUMBA GOLD 19:15	18:30 Mat Pilates 19:30	18:30 Low Impact Beginner ＜40＞ 19:10 19:20 Power Yoga 20:20	18:30 Yoga <45> 19:15 19:25 Jog Beginner 20:25	18:00 BFS GROUP/KICK <45> 18:45 18:55 Street Dance (Charge) 19:55 ※1		holiday	holiday
19:40 Mat Pilates 20:40 20:50 Martial Workout Pre-Intermediate <45> 21:35	19:25 Aroma Yoga 20:25 20:35 PARTY FUNK 21:35	19:40 Shape up Low Impact Pre-Intermediate 20:40 20:50 BFS GROUP/KICK <60> 21:50	20:30 ZUMBA 21:30		<The closingday of this month> 5(Sat),15(Tue) ◎Please refrain from the entrance with it being past class start time.			

Esforta ICHIGAYA STUDIO PROGR

TEL03－3269－8799 URL http://www.esforta.co.jp/ Mobile http://w
URL http://www.esforta.co.jp/ Mobile http://www.esfo.jp

APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun	30 (Mon)
7:30 Yoga 8:20 <50>			7:30 Yoga 8:20 <50>				10:00 Let The Back "pin" 10:45 ＜40＞
10:30 Low Impact Beginner 11:30	10:30 Reflesh Exercise 11:30	10:30 Shape up Low Impact Pre-Intermediate 11:30	10:30 Yoga 11:30	10:30 Dumbbell Shape Up 11:30	10:30 Pilates Stretch 11:30	10:30 Low Impact Beginner 11:30	10:55 Low Impact Beginner ＜40＞ 11:35
11:45 Pelvic Exercise 12:45	11:45 Yoga 12:45	11:45 Monariza Exercise 12:45	11:40 Walk Beginner 12:10 ＜30＞	11:45 Yoga 12:45	11:40 Hi-Lo Combo Intermediate 12:40	11:40 Yoga 12:40	11:45 Mat Pilates 12:45
13:00 Shape up Low Impact Pre-Intermediate 14:00	13:00 Low Impact Beginner 14:00	13:00 ZUMBA <45> 13:45	12:20 Body Conditioning ＜20＞ 12:40	12:55 Ballet Stretting 13:15 <20>	12:50 ZUMBA 13:50	13:00 Hula Dance 14:00	13:00 ZUMBA 14:00
14:10 Yoga 15:10	14:10 Pelvic Exercise & Lymph 15:10	13:55 Ballet Stretting 14:25 <30>	12:50 Pelvic Exercise 13:50	13:20 Ballet Pre-Intermediate 14:20	14:00 beauty-Abs ＜20＞ 14:20	14:10 BFS GROUP/KICK 14:55	14:10 Yoga 15:10
15:20 beauty-Abs ＜20＞ 15:40	15:20 HIP HOP 16:20	14:30 Ballet Pre-Intermediate 15:30	14:00 Yoga ＜20＞ 14:20	14:30 Low Impact Pre-Intermediate 15:10 ＜40＞	14:30 Mat Pilates 15:30	15:05 Street Dance Free Style 16:05	15:20 Latin aerobics 16:20
		15:40 Let's core training ! ＜20＞ 16:00	14:30 House Dance <60> 15:30	15:20 beauty-Abs ＜30＞ 15:50	15:40 Ballet Pre-Intermediate 16:40	16:15 BEGIN・The Studio 16:45 <30>	16:30 BFS GROUP/KICK <60> 17:30
			16:00 Ballet (Charge) 17:00		16:50 Yoga 17:50	16:55 STEP Condishoning Intermediate 18:15	
18:30 Shape up Low Impact Pre-Intermediate 19:30	18:30 ZUMBA GOLD 19:15	18:30 Mat Pilates 19:30	18:30 Low Impact Beginner ＜40＞ 19:10	18:30 Yoga ＜45＞ 18:55	18:00 BFS GROUP/KICK <45> 18:45		
19:40 Mat Pilates 20:40	19:25 Aroma Yoga 20:25	19:40 Shape up Low Impact Pre-Intermediate 20:40	19:20 Power Yoga 20:20	19:05 Jog Beginner 20:05	18:55 Street Dance (Charge) 19:55 ※1		
20:50 Martial Workout Pre-Intermediate <45> 21:20	20:35 PARTY FUNK 21:20	20:50 BFS GROUP/KICK <60> 21:50	20:30 ZUMBA 21:30		<The closingday of this month> 5(Thu),15(Sun) ◎Please refrain from the entrance with it being past class start time.		holiday