

± Saturday 10, 17, 24, 31		日 Sunday 11, 18, 25	
STUDIO	GYM	STUDIO	GYM
7:00			
8:00	Yoga 7:40 ~ 8:40 Noa	Yoga 7:50 ~ 8:50 Umeda	
9:00	Pilates~Reformer~ 9:00 ~ 9:45 Shiraki Tomoko [Small group] Capacity6	TOP RIDE® 9:10 ~ 9:40 Radical Instructor POLAR Capacity10	
10:00	Technical Class-Low Impact Beginner- 10:05 ~ 10:35 Shinmura Capacity6	Yoga 10:05 ~ 11:05 Fukuda	
11:00	Low Impact Beginner 10:45 ~ 11:25 Shinmura		
12:00	ZUMBA® 11:35 ~ 12:20 Shinmura	ZUMBA® 11:25 ~ 12:25 Satou Wataru	
13:00	Yoga 12:30 ~ 13:30 Nagashima Izumi	UBOUND® 12:45 ~ 13:30 MANA Capacity15	
14:00	Dumbbell Shape Up 13:45 ~ 14:45 Chounan	BtoB 13:50 ~ 14:50 Yoshimura	
15:00	UBOUND®-Element- 15:05 ~ 15:20 Chounan UBOUND® 15:20 ~ 16:05 Chounan Capacity15	Street Dance 15:10 ~ 16:10 oda-nobu	
16:00	Weekly Lesson 16:20 ~ 17:20 Kawakami Week1-3-5 ZUMBA® Week2-4 Yoga	Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira Capacity6	
17:00		MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira	
18:00	TOP RIDE® 17:40 ~ 18:25 Radical Instructor POLAR Capacity10	MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira Capacity10	
19:00	Latin Dance 18:45 ~ 19:45 Sasaki Luis		
20:00			

◆Capacity
STUDIO : 20

Please book a lesson from application.
Reservations can only be made by the person.
Reservations can be made 90 min before the program starts.

i

May close day

<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Shibuya</div> <p>1 1 th(Sun)</p>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Ichigaya</div> <p>6 th(Tue)</p>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Akasaka</div> <p>9 th(Fri)</p>
<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Yokohama</div> <p>8 th(Thu)</p>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Roppongi</div> <p>8 th(Thu)</p>	

Lesson Mark

This program provides lessons in extraordinary space using projected images.

Introduction of Heart rate Measurement System.
Exercise intensity and calorie consumption can be checked at a glance.

〒162-0845 SumitomoichigayaBuilding 1F, 1-1, Ichigayahonmura-choyo Shinjuku-Ku, Tokyo
TEL/03-3269-8799
*Opening hours Mon.-Fri. 7:00am~23:00pm
Sat. 7:00am~21:00pm
Sun. and holiday.7:00am~20:00pm

LINE 公式アカウント

市ヶ谷店のレッスン代行・変更・休館日など最新のお知らせをお届けいたします。

旧エスフォルタ水道橋跡地に
キッズ専用のスイミングスクールオープン!
体験のご予約はこちら

※tax-included price

土 Saturday 5, 12, 19, 26		日 Sunday 13, 20, 27	
STUDIO	GYM	STUDIO	GYM
7:00			
8:00	Yoga 7:40 ~ 8:40 Noa	Yoga 7:50 ~ 8:50 Umeda	
9:00	Weekly Lesson 9:00 ~ 9:45 Studio Instructor	TOP RIDE® 9:10 ~ 9:40 Radical Instructor POLAR Capacity10	
10:00	Technical Class-Low Impact Beginner- 10:05 ~ 10:35 Shinmura Capacity6	Yoga 10:05 ~ 11:05 Fukuda	
11:00	Low Impact Beginner 10:45 ~ 11:25 Shinmura		
12:00	ZUMBA® 11:35 ~ 12:20 Shinmura	ZUMBA® 11:25 ~ 12:25 Satou Wataru	
13:00	Yoga 12:30 ~ 13:30 Nagashima Izumi	UBOUND® 12:45 ~ 13:30 MANA Capacity15	
14:00	Dumbbell Shape Up 13:45 ~ 14:45 Chounan	BtoB 13:50 ~ 14:50 Yoshimura	
15:00	UBOUND®-Element- 15:05 ~ 15:20 Chounan UBOUND® 15:20 ~ 16:05 Chounan Capacity15	Street Dance 15:10 ~ 16:10 oda-nobu	
16:00	Yoga 16:20 ~ 17:20 Kawakami	Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira Capacity6	
17:00		MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira	
18:00	TOP RIDE® 17:40 ~ 18:25 Radical Instructor POLAR Capacity10	MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira Capacity10	
19:00	Latin Dance 19:00 ~ 20:00 Sasaki Luis		
20:00			

◆Capacity
STUDIO : 20

Please book a lesson from application.
Reservations can only be made by the person.
Reservations can be made 90 min before the program starts.

i

April close day

<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Shibuya</div> <p>5 th(Sat)</p>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Ichigaya</div> <p>6 th(Sun)</p>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Akasaka</div> <p>20 th(Sun)</p>
<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Yokohama</div> <p>8 th(Tue)</p>	<div style="background-color: black; color: white; padding: 5px; margin-bottom: 5px;">Roppongi</div> <p>8 th(Tue)</p>	

Lesson Mark

This program provides lessons in extraordinary space using projected images.

Introduction of Heart rate Measurement System.
Exercise intensity and calorie consumption can be checked at a glance.

〒162-0845 SumitomoichigayaBuilding 1F, 1-1, Ichigayahonmura-choyo Shinjuku-Ku, Tokyo
TEL/03-3269-8799
*Opening hours Mon.-Fri. 7:00am~23:00pm
Sat. 7:00am~21:00pm
Sun. and holiday.7:00am~20:00pm

LINE 公式アカウント

市ヶ谷店のレッスン代行・変更、休館日など最新のお知らせをお届けいたします。

旧エスフォルタ水道橋跡地にキッズ専用のスイミングスクールオープン！体験のご予約はこちら

※tax-included price