











Mon	Tue	Wed	Thu	Fri	Sat	Sun	3th	4th
10:30 Low impact Beginner	10:30 STEP Pre- Intermediate	10:30 Hula Dance	10:30 Hi-Lo Combo Pre- Intermediate <50>	10:30 Low Impact Pre- Intermediate	10:30 Low Impact Pre- Intermediate	10:30 Shape Up Low Impact Pre- Intermediate	10:30 Low impact Beginner	10:30 Shape Up Low Impact Pre- Intermediate
11:30	11:30	11:30	11:20	11:30	11:30	11:30	11:30	11:30
11:40 Yoga	11:40 Low impact Beginner <40> 12:20	11:40 Qui-Gong Tai Chi	11:30 Yoga	11:40 Yoga	11:40 Pilates	11:40 Yoga	11:40 Yoga	11:40 Yoga
12:40	12:25	12:40	12:30	12:40	12:40	12:40	12:40	12:40
12:50 Kick Box Aerobics Pre- Intermediate	Abs.Ex.<15> 12:40 12:50 HIP HOP	12:50 Aerobics Beginner	12:50 Kenko Dojo <45>	12:50 Low impact Beginner <40> 13:30	12:50 Aerobics Beginner	12:50 Hi-Lo Combo Intermediate	12:50 Martial Workout Special <60>  【Capacity:32】	12:55 BFS GROUP/POEWR <60> 
13:50	13:50	13:50	13:35	13:40	13:50	13:50	13:50	13:55 【Capacity:28】
14:00 STEP Pre- Intermediate	13:50 14:10 Body Care	14:00 Aroma Stretching	13:45 Low impact Beginner <40> 14:25	14:40 Lymph Stretting	14:00 Yoga	14:00 Abs.Ex. <30> 14:30 14:40 BFS	14:00 Strike Boxing Special <60>  (Charge:¥1,050) 15:00 【Capacity:27】	14:10 BFS GROUP/KICK <60> 
15:00	15:10	15:00	14:35 Aroma Stretching &Relaxation 15:20	14:50	15:00	15:10 GROUP/KICK <45> 15:25 15:35	15:10 Hi-Lo Combo Intermediate	15:10 Low impact Beginner <40> 16:00
15:10 ZUMBA 	15:10	15:10 Dumbbell Shape up		15:50	16:10	16:10 Body Care	16:10	16:10
16:10		16:10			16:20	16:35	16:25 BFS GROUP/POEWR <60> 	16:25 Lymph Stretting
18:30 Aerobics Beginner	18:30 Ballet	18:30 Yoga <45>	19:00 Conditioning & Roller Stretching	18:30 Pelvic Exercise	18:30 Aerobics Pre-Advance <75>	17:35	17:25 【Capacity:28】	17:10 17:20 ZUMBA 
19:30	19:30	19:15 19:25	19:50	19:30	19:40		17:35 Yoga	18:10
19:40 Martial Workout Pre-Intermediate <45> 	19:40 Low impact Beginner <40> 20:20	Hi-Lo Combo Pre- Intermediate	20:00 STEP Beginner	19:40 ZUMBA<50> 	20:30		18:35	
20:25	20:30	20:25	21:00	20:40	20:35			
20:35 Low impact Beginner <40>	Aerobics Intermediate	HIP HOP	21:10 Shape Up Low Impact Pre- Intermediate	BFS GROUP/KICK <45> 21:25 			<b>holiday</b>	<b>holiday</b>
21:15	21:30	21:35	22:10					
21:25 Abs.Ex.<15>	21:40 REAL Kick Boxing <45> 22:25	21:45 Yoga						
21:40	22:25	22:45						
<The closing day of this month>  5th(Sat)・14th(Mon)  ©Please refrain from the entrance with it being pastclass start time.								

