

※Please use the Studio when no one is using it for a lesson.

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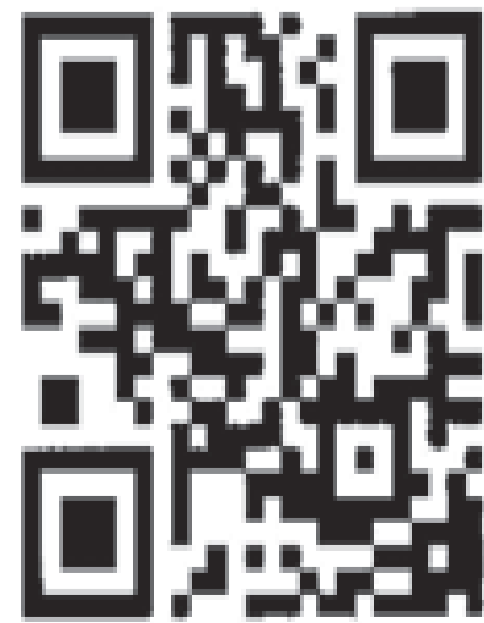
Mon	Tue	Wed	Thu	Fri	Sat	Sun	3ed (Thu)	4th (Sat)
7:20 Morning Yoga<50> (Y.kuwabara) 8:10			7:20 Morning Yoga<50> (AI) 8:10	7:20 Morning Power Yoga (YUKIWO) 8:20	10:00 Low Impact Pre-Intermediate<50> (Higa) 10:50	10:00 Power Yoga (YUKIWO)	10:30 Yoga & Relaxation (Kitahara)	10:30 Aroma Stretching & Relaxation (Mukoyama)
11:00 Pelvic Exercise (Sakamoto) 12:00	11:00 Pilates <40> (Kizuki) 11:40 11:50	11:00 Yoga (SACHIKO) 12:00	11:00 Yoga & Relaxation (Kitahara) 12:00	11:00 Aroma Stretching & Relaxation (Mukoyama) 12:00	11:00 Yoga (Taniguchi) 12:00	11:00 Hula Dance <50> (Kubota) 12:00 20(Sato)	11:30 Pilates (Kitahara)	11:30 Pelvic Exercise &Yoga (Mitsuki)
12:10 Belly Dance (Tsuru Kunimatu) 13:10	Ageless Walking (Kizuki) 12:50 13:00	12:05 <b>Balletone</b> <45> (SACHIKO) 12:50	12:10 Pilates (Kitahara) 13:10	12:10 Pelvic Exercise &Yoga (Mitsuki) 13:10	12:10 Ballet Stretching<30> 12:40 12:45 Ballet Basic<50> (Kaname) 13:35 13:45 HIP HOP <50> (MARINA) 14:35 14:45 Roller Relax 15:00 <15> 15:10 Power Yoga (Kitahara) 16:00 16:10 Capacity:20 BFS Group Power<45> (MARCY) 16:55 <b>POWER</b> Strike Boxing 17:10 Capacity:25 Strike Boxing	12:10 Burning Step <50> (Kubota) 12:50 20(Kobayashi) 13:00 Body Care (Shibuya) 14:00 Hi-Lo Combo Pre-Intermediate<50> (Kazinami) 15:00 15:10 Ballet (Tomo) 16:10 6(Kaname) 16:20 BFS Group Kick<45> (BFS Instructor) 17:05 <b>KICK</b> 17:50 <b>POWER</b>	12:40 Aerobics Pre-Intermediate<50> (Nemoto) 13:40 Let's Circuit training 14:20 <30> Yoga (Tanigichi) 15:30 Ballet (Kaname) 16:40 Capacity:20 BFS Group Power60 (BRAFT/Matsuda) 17:30 <b>STRIKE BOXING</b>	12:40 Street Dance (akino) 13:50 14:00 ZUMBA <50> (Yoneyama) 14:50 <b>ZUMBA</b> 15:00 Yoga (Kato) 16:00 Roller Relax 16:20 <20> 16:30 Capacity:16 Strike Boxing Pre-Intermediate<50>
13:25 Mat Pilates & Stretching (Shinoda) 14:25	Low Impact Beginner (Ueda) 14:00 14:10 Aroma Yoga (Ueda) 15:10	Street Dance (CHIZU) 14:00 14:10 Self Reset Yoga (Ishibashi) 15:10	13:20 Martial Artsu (Daimon) 14:20 14:30 Yoga (Tanigichi) 15:30	13:20 Theater Dance (akino) 14:20 ※1 14:30 Hata Yoga (Chonan) 15:30	14:35 14:45 Roller Relax 15:00 <15> 15:10 Power Yoga (Kitahara) 16:00 16:10 Capacity:20 BFS Group Power<45> (MARCY) 16:55 <b>POWER</b> Strike Boxing 17:10 Capacity:25 Strike Boxing	14:10 Hi-Lo Combo Pre-Intermediate<50> (Kazinami) 15:00 15:10 Ballet (Tomo) 16:10 6(Kaname) 16:20 BFS Group Kick<45> (BFS Instructor) 17:05 <b>KICK</b> 17:50 <b>POWER</b>	13:50 14:20 <30> Yoga (Tanigichi) 15:30 Ballet (Kaname) 16:40 Capacity:20 BFS Group Power60 (BRAFT/Matsuda) 17:30 <b>STRIKE BOXING</b>	13:50 14:00 ZUMBA <50> (Yoneyama) 14:50 <b>ZUMBA</b> 15:00 Yoga (Kato) 16:00 Roller Relax 16:20 <20> 16:30 Capacity:16 Strike Boxing Pre-Intermediate<50>
14:35 Yoga (★Aya★) 15:35	15:10	15:10	15:30	15:30	15:10 Power Yoga (Kitahara) 16:00 16:10 Capacity:20 BFS Group Power<45> (MARCY) 16:55 <b>POWER</b> Strike Boxing 17:10 Capacity:25 Strike Boxing	15:00 15:10 Ballet (Tomo) 16:10 6(Kaname) 16:20 BFS Group Kick<45> (BFS Instructor) 17:05 <b>KICK</b> 17:50 <b>POWER</b>	15:30 Ballet (Kaname) 16:40 Capacity:20 BFS Group Power60 (BRAFT/Matsuda) 17:30 <b>STRIKE BOXING</b>	15:00 Yoga (Kato) 16:00 Roller Relax 16:20 <20> 16:30 Capacity:16 Strike Boxing Pre-Intermediate<50>
18:30 Pilates <50> (Yoneda) 19:20 14(Abe)	18:50 Conditioning Stretching <20> 19:10 <20>	18:50 Conditioning Stretching <20> 19:10 <20>	18:30 Pelvic Exercise<45> (Ihara) 19:15	18:30 Yoga (Kato) 19:20	18:30 Yoga (Kato) 19:20	17:15 Aroma Yoga (Iguchi) 18:15		
19:30 Power Yoga<50> (Nagisa) 20:20	19:25 Capacity:20 BFS Group Power<45> (YOSSHI) 20:10 <b>POWER</b>	Aroma Yoga (Iguchi) 20:20	19:25 Ritmos<50> <b>RN</b> (Sae) 20:15	19:30 Aerobics Pre-Intermediate<50> (Nemoto) 20:20	19:30 Aerobics Pre-Intermediate<50> (Nemoto) 20:20			
20:30 Ritmos<50> <b>RN</b> (Yoneda) 21:20 14(AZU)	20:20 HIP HOP JAZZ<50> (YANO-KEN) 21:10	20:30 ZUMBA <50> (Kurumisawa) 21:20 <b>ZUMBA</b>	20:25 BFS Group Kick<45> (BFS Instructor) 21:10 <b>KICK</b>	20:30 ZUMBA <50> (Yoneyama) 21:20 <b>ZUMBA</b>	20:30 ZUMBA <50> (Yoneyama) 21:20 <b>ZUMBA</b>			
21:30 Capacity:20 BFS Group Power<45> (KAZU) 22:15 <b>POWER</b>	21:25 Capacity:25 Strike Boxing Pre-Intermediate<50> (BRAFT/Uechi) 22:15 <b>STRIKE BOXING</b>	21:30 HOUSE GROOVE <50> (Diego) 22:20	21:20 Yoga (AI) 22:10	21:30 Capacity:25 Strike Boxing Pre-Intermediate<50> (BRAFT/Matsuda) 22:20 <b>STRIKE BOXING</b>	21:30 Capacity:25 Strike Boxing Pre-Intermediate<50> (BRAFT/Matsuda) 22:20 <b>STRIKE BOXING</b>		Holiday	Holiday
					\ i ne closing day of this month>  5(Sun)、22(Tue)  ◎Please refrain from the entrance with it being past class start time.			



※1・・・Class for practicing dance with music.

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Mon	Tue	Wed	Thu	Fri	Sat	Sun	29th (Sun)	30th (Mon)
7:20 Morning Yoga<50> (Y.kuwabara)			7:20 Morning Yoga<50> (AI)	7:20 Morning Power Yoga (YUKIWO)	10:00 Low Impact Pre-Intermediate<50> (Higa)	10:00 Power Yoga (YUKIWO)	10:00 Power Yoga (YUKIWO)	10:00 Roller Relax <15> 10:15 S-Ball EX 10:25 Beginner<20>
8:10			8:10	8:20	10:50			
11:00 Pelvic Exercise (Sakamoto)	11:00 Pilates <40> (Kizuki)	11:00 Yoga (SACHIKO)	11:00 Yoga & Relaxation (Kitahara)	11:00 Aroma Stretching & Relaxation (Mukoyama)	11:00 Yoga (Taniguchi)	11:00 Hula Dance <50> (Kubota)	11:00 Hula Dance <50> (Kubota)	11:00 Belly Dance (Tsuru Kunimatu)
12:00	11:50	12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:10 Belly Dance (Tsuru Kunimatu)	Ageless Walking (Kizuki)	12:05 <b>Balletone</b> <45> (SACHIKO)	12:10 Pilates (Kitahara)	12:10 Pelvic Exercise & Yoga (Mitsuki)	12:10 Ballet Stretching<30> 12:40 Ballet Basic<50>	12:10 Burning Step <50> (Kubota)	12:10 Burning Step <50> (Kubota)	12:10 Low Impact Pre-Intermediate<50> (Kurumisawa)
13:10	13:00	13:00	13:10	13:10	(Kaname)	13:00 Body Care (Shibuya)	13:00 Body Care (Shibuya)	13:10
13:25 Mat Pilates & Stretching (Shinoda)	Low Impact Beginner (Ueda)	Street Dance (CHIZU)	13:20 Martial Artsu (Daimon)	13:20 Theater Dance (akino)	13:35 13:45 HIP HOP <50> (MARINA)	14:00 Hi-Lo Combo (Kazinami)	14:00 Hi-Lo Combo (Kazinami)	13:20 Mat Pilates & Stretching (Shinoda)
14:25	14:10	14:10	14:20	14:20 ※1	14:35	14:10	14:10	14:20
14:35 Yoga (★Aya★)	Aroma Yoga (Ueda)	Self Reset Yoga (Ishibashi)	14:30 Yoga (Tanigichi)	14:30 Hata Yoga (Chonan)	14:45 Roller Relax 15:00 <15> 15:10 Power Yoga (Kitahara)	15:00 Pre-Intermediate<50> (Kazinami)	15:00 Pre-Intermediate<50> (Kazinami)	14:30 Roller Relax <20> 14:50 BFS Group Power (KAZU)
15:35	15:10	15:10	15:30	15:30	16:00 16:10 Capacity:20 BFS Group Power<45> (MARCY)	16:10 Ballet (Nakamura)	16:10 Ballet (Nakamura)	16:00  16:10 Strike Boxing Pre-Intermediate<50> (BRAFT/Ogawa)
18:30 Pilates <50> (Yoneda)	18:50 Conditioning Stretching	18:50 Conditioning Stretching	18:30 Pelvic Exercise<45> (Ihara)	18:30 Yoga (Kato)	16:55  17:10 Capacity:25 Strike Boxing Pre-Intermediate<50> (BRAFT/Ogawa)	17:15 Aroma Yoga (Iguchi)	17:15 Aroma Yoga (Iguchi)	17:00  17:10 Yoga (Nagisa)
19:20	19:10 <20>	19:20	19:15	19:20	18:00 	18:15	18:15	18:10
19:30 Power Yoga<50> (Nagisa)	19:25 Capacity:20 BFS Group Power<45> (YOSSHI)	Aroma Yoga (Iguchi)	19:25 Ritmos<50>  (Sae)	19:30 Aerobics Pre-Intermediate<50> (Nemoto)				
20:20	20:10 	20:20	20:15	20:20	\ i ne closing day of this month>  5(Thu)、22(Sun)  ◎Please refrain from the entrance with it being past class start time.			
20:30 Ritmos<50>  (Yoneda)	20:20 HIP HOP JAZZ<50> (YANO-KEN)	20:30 ZUMBA <50> (Kurumisawa)	20:25 BFS Group Kick<45> (BFS Instructor)	20:30 ZUMBA <50> (Yoneyama)				
21:20	21:10	21:20 	21:10 	21:20 	◎Please refrain from the entrance with it being past class start time.			
21:30 Capacity:20 BFS Group Power<45> (KAZU)	21:25 Capacity:25 Strike Boxing Pre-Intermediate<50> (BRAFT/Uechi)	21:30 HOUSE GROOVE <50> (Diego)	21:25 Yoga (AI)	21:30 Capacity:25 Strike Boxing Pre-Intermediate<50> (BRAFT/Matsuda)				
22:15 	22:15 	22:20	22:15	22:20 				

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