

月 Monday 12, 19, 26		火 Tuesday 13, 20, 27		水 Wednesday 7, 14, 21, 28		木 Thursday 1, 15, 22, 29		金 Friday 2, 9, 16, 23, 30	
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL
7:00									7:00
30	Yoga 7:20 ~ 8:10 Ryuma	Pilates 7:20 ~ 8:10 Sato		Pilates 7:20 ~ 8:10 Yoshida		BODY ART Training 7:20 ~ 8:10 Sano		Yoga 7:20 ~ 8:10 KAYOKO	30
8:00									8:00
30	Free Time 8:30 ~ 9:30							Dance Fit 8:30 ~ 9:30 Igarashi	30
9:00		Free Time 8:30 ~ 10:40				Free Time 8:30 ~ 10:00			9:00
30	Sintex®~Yoga~ 9:55 ~ 10:55 Hama Junko			Yoga 9:15 ~ 10:15 Amina	Shape Up Walking 10:00 ~ 10:30 Akane			STEP 9:40 ~ 10:40 Igarashi	30
10:00								Aquatic Walking 10:00 ~ 10:30 Yamashita	10:00
30				ZUMBA® 10:30 ~ 11:15 Syu	Aquatics 10:40 ~ 11:10 Akane	Sintex®~Tone~ 10:15 ~ 11:15 Inoue		Aquatics 10:40 ~ 11:10 Yamashita	30
11:00	Sintex®~Reborn~ 11:05 ~ 11:50 Hama Junko	Body Making Pilates 11:00 ~ 12:00 Shibata Aya	TechnicalClass 11:00 ~ 11:30 Kojima				TechnicalClass 11:00 ~ 11:30 Ogawa	KIMAX® 11:00 ~ 11:45 Kouno Capacity10	11:00
30			Crawl Pre-Intermediate 11:40 ~ 12:10 Kojima	MEGADANZ® 11:25 ~ 12:25 Syu		Sintex®~Cardio~ 11:30 ~ 12:15 Inoue	Crawl Beginner 11:40 ~ 12:10 Ogawa		30
12:00	MOSSA Group Power® 12:10 ~ 12:55 SHIN	Total Body Shape 12:20 ~ 13:05 Hiroshima	Back Stroke Pre-Intermediate 12:20 ~ 12:50 Kojima					UBOUND® 12:05 ~ 12:50 Kouno	12:00
30				OXIGENO® 12:40 ~ 13:25 Ken	Butterfly Intermediate 12:30 ~ 13:00 Tsutsui	Street Dance 12:35 ~ 13:35 oda-nobu	Brest Stroke Intermediate 13:00 ~ 13:30 Osada	Butterfly Beginner 12:30 ~ 13:00 Ishiguro	30
13:00	MOSSA Group Centergy® 13:10 ~ 13:55 SHIN	Brest Stroke Beginner 13:10 ~ 13:40 Mita			Long swim Intermediate 13:10 ~ 13:40 Tsutsui			ZUMBA® 13:10 ~ 13:55 ANNA	13:00
30		Jazz Dance 13:25 ~ 14:25 Nagai				MOSSA Group Groove® 13:45 ~ 14:30 Tamaki Akira	Aquatic Walking 14:00 ~ 14:30 Inaba	Brest Stroke Beginner 13:10 ~ 13:40 Ishiguro	30
14:00	ZUMBA® 14:10 ~ 15:10 Kuramochi			KIMAX® 13:45 ~ 14:45 Ken Capacity10	Swim with Fin Beginner 14:00 ~ 14:30 Osada			Back Stroke Beginner 13:50 ~ 14:20 Ishiguro	14:00
30		BODY ART Training 14:35 ~ 15:20 Sano	Aquatics 15:00 ~ 15:30 Inaba			MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira	Aquatics 14:40 ~ 15:10 Inaba	Body Care 14:05 ~ 15:05 Shibuya	30
15:00	Aqua Combat 15:00 ~ 15:30 *SEN*			Dance Aerobics 15:00 ~ 15:45 Matsumoto Kaya				Aquatics 15:00 ~ 15:30 Inoue	15:00
30	X55® 15:30 ~ 16:00 RITO	Ballet Beginner 15:40 ~ 16:40 Yanai	Shape Up Aquatics 15:40 ~ 16:10 Inaba		Balance & Coretraining 16:00 ~ 16:45 Matsumoto Kaya			RITMOS® 15:15 ~ 16:15 Okushi	30
16:00	UBOUND® 16:15 ~ 16:45 RITO					KIMAX® 15:50 ~ 16:50 Ken Capacity10		Shape Up Walking 15:40 ~ 16:10 Inoue	16:00
30		Free Time 17:00 ~ 18:00		RITMOS® 17:00 ~ 17:45 Okushi			Function Improvement Exercise 16:25 ~ 17:10 Okushi		30
17:00	FIGHTDO® 17:15 ~ 18:00 Ishizuka					Roller Relax 17:10 ~ 17:30 Gym Staff			17:00
30				Aroma yoga 18:00 ~ 19:00 Iguchi					30
18:00	TechnicalClass~Dance Aerobics~ 18:20 ~ 18:50 Okamoto Capacity6	UBOUND®~Element~ 18:35 ~ 18:50 Ishizuka Capacity6				PowerYoga 18:00 ~ 19:00 NOB		UBOUND® 18:30 ~ 19:15 REO	18:00
30					Aquatics 19:00 ~ 19:30 Inoue			Crawl Beginner 18:40 ~ 19:10 Kojima	30
19:00	Dance Aerobics 19:00 ~ 19:45 Okamoto	UBOUND® 19:00 ~ 19:45 Ishizuka	Butterfly Beginner 19:30 ~ 20:00 Azumano	RADICAL POWER® 19:20 ~ 20:05 RURI		MOSSA Group Fight® 19:10 ~ 20:10 EIICHI		Back Stroke Intermediate 19:20 ~ 19:50 Kojima	19:00
30					Shape Up Walking 19:40 ~ 20:10 Inoue			Relax Yoga 19:35 ~ 20:35 Anzai	30
20:00	Vinyasa Yoga 20:00 ~ 21:00 Tetsuya	X55® 20:00 ~ 20:45 Ishizuka	Back Stroke Beginner 20:10 ~ 20:40 Azumano	WeeklyLesson FIGHTDO® or UBOUND® 20:20 ~ 21:05 RURI	Brest Stroke Intermediate 20:20 ~ 20:50 Kojima		Butterfly Beginner 20:00 ~ 20:30 Iwaida	Swim with Fin Pre-Intermediate 20:00 ~ 20:30 Kojima	20:00
30						RITMOS® 20:30 ~ 21:30 Ami	Swim with Fin Beginner 20:40 ~ 21:10 Iwaida		30
21:00		Relax Yoga 21:00 ~ 21:45 CAO			Individual Medley Intermediate 21:00 ~ 21:30 Kojima				21:00
30	Free Time 21:20 ~ 22:30			Free Time 21:30 ~ 22:30		Free Time 21:50 ~ 22:30		Free Time 21:00 ~ 22:30	30
22:00									22:00
30									30

± Saturday 10, 17, 24, 31		日 Sunday 11, 18, 25	
STUDIO	POOL	STUDIO	POOL
7:00			
8:00	Yoga 7:30 ~ 8:30 Maki	Free Time 7:00 ~ 10:00	
9:00	Free Time 9:00 ~ 10:00		
10:00			Aqua Mitt 10:00 ~ 10:30 Kinoshita
11:00	Yoga 10:30 ~ 11:30 Yuji	OXIGENO® 10:30 ~ 11:15 Tanaka	Aquabics 10:40 ~ 11:10 Kinoshita
	Aqua Combat 10:30 ~ 11:00 ★TAM★		
	Aqua Dance 11:10 ~ 11:40 ★TAM★	X55® 11:25 ~ 12:10 Tanaka	Butterfly pre-Advanced 11:30 ~ 12:00 Osada
12:00	Ballet Beginner 11:50 ~ 12:50 Isihi		Individual Medley Intermediate 12:10 ~ 12:40 Osada
	Aqua Combat 11:50 ~ 12:20 ★TAM★	Technical Class~Street Dance~ 12:35 ~ 13:05 oda-nobu	
13:00	PowerYoga 13:10 ~ 14:10 HINACO	Street Dance 13:15 ~ 14:15 oda-nobu	
	Shape Up Walking 14:00 ~ 14:20 Tsujimoto		
15:00	MOSSA Group Centergy® 14:30 ~ 15:15 ANNA.Y	Ballet Beginner 14:30 ~ 15:30 Kurihara Kaine	
	Aquabics 14:30 ~ 15:00 Tsujimoto		Aquabics 15:30 ~ 16:00 Komuro
16:00	FIGHTDO® 15:30 ~ 16:15 Oguma	UBOUND® 15:45 ~ 16:30 RITO	Bodymaking Aqua 16:10 ~ 16:40 Komuro
	Back Stroke Beginner 16:50 ~ 17:20 Kojima	X55® 16:45 ~ 17:30 RITO	
17:00	RADICAL POWER® 16:30 ~ 17:15 Oguma		
	Crawl Beginner 17:30 ~ 18:00 Kojima	Aroma yoga 17:45 ~ 18:45 Iguchi	
18:00	OXIGENO® 17:30 ~ 18:15 ken		
	KIMAX® 18:30 ~ 19:15 ken		
	Capacity10		
19:00	Spine Fitter 19:30 ~ 20:00 Gym Staff		
20:00			
30			

◆Capacity
STUDIO : 15
POOL (swim) : 8
POOL (other) : 15

Please book a lesson from application.
 Reservations can only be made by the person.
 Reservations can be made 3 hours before the program starts.

May close day

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

Pay Program

Personal

Please contact the front desk for reservation

Day of the week・Time	Instructor	Price
Subject to negotiable	Iwaida	¥ 4,950tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Kojima	¥ 4,400tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Tsutsui	¥ 5,500tax in/30min



〒106-6002 Izumi Garden Tower 2F1-6-1 RoppongiMinato-ku, Tokyo
 TEL/03-3560-3466

'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

六本木店のレッスン代行・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
キッズ専門のスイミングスクールオープン!
体験のご予約はこちら

月 Monday 7, 14, 21, 28		火 Tuesday 1, 15, 22		水 Wednesday 2, 9, 16, 23, 30		木 Thursday 3, 10, 17, 24		金 Friday 4, 11, 18, 25	
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL
7:00									7:00
30	Yoga 7:20 ~ 8:10 Ryuma	Pilates 7:20 ~ 8:10 Sato		Pilates 7:20 ~ 8:10 Yoshida		BODY ART Training 7:20 ~ 8:10 Sano		Yoga 7:20 ~ 8:10 KAYOKO	30
8:00									8:00
30	Free Time 8:30 ~ 9:30			Free Time 8:30 ~ 9:00				Dance Fit 8:30 ~ 9:30 Igarashi	30
9:00									9:00
30		Free Time 8:30 ~ 10:40		Yoga 9:15 ~ 10:15 Amina	Shape Up Walking 10:00 ~ 10:30 Akane	Free Time 8:30 ~ 10:00		RITMOS® 9:40 ~ 10:40 Igarashi	Aquatic Walking 10:00 ~ 10:30 Yamashita
10:00	Sintex®~Yoga~ 9:55 ~ 10:55 Katsuta	Aquatic walking 10:00 ~ 10:30 Inoue							
30		Aquatics 10:40 ~ 11:10 Inoue		ZUMBA® 10:30 ~ 11:15 Syu	Aquatics 10:40 ~ 11:10 Akane	Sintex®~Tone~ 10:15 ~ 11:15 Inoue			Aquatics 10:40 ~ 11:10 Yamashita
11:00	Sintex®~Reborn~ 11:05 ~ 11:50 Katsuta						TechnicalClass 11:00 ~ 11:30 Minegishi	KIMAX® 11:00 ~ 11:45 Kouno	
30		Pelvic Yoga 11:00 ~ 12:00 Shibata Aya	TechnicalClass 11:00 ~ 11:30 Kojima	MEGADANZ® 11:25 ~ 12:25 Syu			Crawl Beginner 11:40 ~ 12:10 Minegishi	Capacity10	
12:00									
30	MOSSA Group Power® 12:10 ~ 12:55 SHIN	Back Stroke Beginner 12:30 ~ 13:00 Mita						UBOUND® 12:05 ~ 12:50 Kouno	Butterfly Beginner 12:30 ~ 13:00 Minegishi
13:00				OXIGENO® 12:40 ~ 13:25 ken	Butterfly Intermediate 12:30 ~ 13:00 Tsutsui	Street Dance 12:35 ~ 13:35 oda-nobu	Brest Stroke Intermediate 13:00 ~ 13:30 Osada		
30	MOSSA Group Centergy® 13:10 ~ 13:55 SHIN	Brest Stroke Beginner 13:10 ~ 13:40 Mita			Long swim Intermediate 13:10 ~ 13:40 Tsutsui			ZUMBA® 13:10 ~ 13:55 ANNA	Brest Stroke Beginner 13:10 ~ 13:40 Minegishi
14:00									
30	ZUMBA® 14:10 ~ 15:10 Kuramochi nanami		Jazz Dance 13:25 ~ 14:25 Nagai			MOSSA Group Groove® 13:45 ~ 14:30 Tamaki Akira	Aquatic Walking 14:00 ~ 14:30 Inaba	Body Care 14:05 ~ 15:05 Shibuya	Back Stroke Beginner 13:50 ~ 14:20 Minegishi
15:00									
30		Aqua Combat 15:00 ~ 15:30 ★SEN★							
16:00	X55® 15:30 ~ 16:00 RITO	Aqua Dance 15:40 ~ 16:10 ★SEN★				MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira	Aquatics 14:40 ~ 15:10 Inaba	RITMOS® 15:15 ~ 16:15 Okushi	Aquatics 15:00 ~ 15:30 Inoue
30									
17:00									
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18:00									
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19:00									
30									
20:00									
30									
21:00									
30									
22:00									
30									

± Saturday 5, 12, 19, 26		日 Sunday 6, 13, 20, 27	
STUDIO	POOL	STUDIO	POOL
7:00			
8:00	Yoga 7:30 ~ 8:30 Maki	Free Time 7:00 ~ 10:00	
9:00	Free Time 9:10 ~ 10:00		
10:00			Aqua Mitt 10:00 ~ 10:30 Kinoshita
11:00	Yoga 10:30 ~ 11:30 Yuji	OXIGENO® 10:30 ~ 11:15 Tanaka	Aquabics 10:40 ~ 11:10 Kinoshita
12:00	Ballet Beginner 11:50 ~ 12:50 Isihi	X55® 11:25 ~ 12:10 Tanaka	Butterfly pre-Advanced 11:30 ~ 12:00 Osada
13:00	PowerYoga 13:10 ~ 14:10 HINACO	Technical Class~Street Dance~ 12:35 ~ 13:05 oda-nobu	Individual Medley Intermediate 12:10 ~ 12:40 Osada
14:00	MOSSA Group Centergy® 14:30 ~ 15:15 ANNA.Y	Street Dance 13:15 ~ 14:15 oda-nobu	
15:00	FIGHTDO® 15:30 ~ 16:15 Oguma	Ballet Beginner 14:30 ~ 15:30 Kurihara Kaine	Aquabics 15:30 ~ 16:00 Komuro
16:00	RADICAL POWER® 16:30 ~ 17:15 Oguma	UBOUND® 15:45 ~ 16:30 RITO	Bodymaking Aqua 16:10 ~ 16:40 Komuro
17:00	OXIGENO® 17:30 ~ 18:15 ken	X55® 16:45 ~ 17:30 RITO	
18:00	KIMAX® 18:30 ~ 19:15 ken Capacity10	Aroma yoga 17:45 ~ 18:45 Iguchi	
19:00	Spine Fitter 19:30 ~ 20:00 Gym Staff		
20:00			

◆Capacity
STUDIO : 15
POOL (swim) : 8
POOL (other) : 15

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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 20 th(Sun)
Yokohama 8 th(Tue)	Roppongi 8 th(Tue)	

Pay Program

Personal

Please contact the front desk for reservation

Day of the week・Time	Instructor	Price
Subject to negotiable	Iwaida	¥ 4,950tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Kojima	¥ 4,400tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Tsutsui	¥ 5,500tax in/30min



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