

esforta SHIBUYA POOL May

Mon	Tue	Wed	Thu	Fri	Sat	Sun	3	4
	10:30 CrawlStroke Breathing 11:00	10:30 Skill Improvement 11:00						
11:00 Pay Lesson Crawl Stroke Beginner	11:15 Fin Swim 11:45	11:15 Aquabics30 11:45	11:15 CrawlStroke Beginner 11:45		11:15 CrawlStroke Breathing 11:45	11:45		
12:00		11:55 Power Hydro 12:25	12:00 Walking & Stretch 12:45	12:00 Aquabics30 12:30	Pay Personal Lesson 12:00~12:30 12:30~13:00	Aquabics30 12:15		
12:15 Walking & Stretch 12:45	13:00 BackStroke Beginner 13:30	12:45 BreastStorke Intermediate 13:30	12:45 Pay Personal Lesson 13:00~13:30 13:30~14:00	12:45 Power Hydro 13:15		12:30 Power Hydro 13:00		13:00
13:00 CrawlStroke Breathing 13:30	13:45 Long Swin30 14:15	13:30 Pay Personal Lesson 13:45~14:15 14:15~14:45	14:15 Power Hydro 14:45	13:30 ButterflyStroke Intermediate 14:15				Aqua Dance60 14:00
13:45 ButterflyStrokeBeginner 14:15			14:15 Power Hydro 14:45			14:00 Form Check 14:30		14:15 ButterflyStroke Intermediate 15:00
Pay Personal Lesson 14:30~15:00 15:00~15:30		15:30 Aqua Dance 16:00	14:55 Aquabics30 15:25		14:45 Form Check 15:15	14:45 CrawlStroke Beginner 15:15	14:45 Power Hydro 15:00	15:15 Long swim30 15:45
					15:30 Aquabics30 16:00	15:30 Aqua Care Dance 16:00	15:30	
					16:10 Hydro Glove 16:40	16:10 Power Hydro 16:40		
				18:30 CrawlStroke Beginner				
19:00 CrawlStorke Intermediate 19:45	19:15 CrawlStroke Breathing 19:45	19:15 Power Hydro 19:45	19:00 Butterfly Stroke Beginner Intermediate	19:00				
20:00 Long Swin30 20:30	20:00 Aqua Dance 20:30	20:00 Pay Lesson Crawl Stroke Intermediate 21:00	20:00 Fighting Jog 20:45	19:10 ButterflyStroke Intermediate 19:55	Pay Personal Lesson 20:00~20:30 20:30~21:00			
20:45 CrawlStroke Breathing 21:15	20:40 Power Hydro 21:10							

We will be closed on the 5/5-5/13

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esforta SHIBUYA POOL APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun	30 (Mon)
	10:30 CrawlStroke Breathing 11:00	10:30 Skill Improvement 11:00					
11:00 Pay Lesson Crawl Stroke Beginner	11:15 Fin Swim 11:45	11:15 Aquabics30 11:45	11:15 CrawlStroke Beginner 11:45		11:15 CrawlStroke Breathing 11:45	11:45	
12:00		11:55 Power Hydro 12:25	12:00 Walking & Stretch 12:45	12:00 Aquabics30 12:30	Pay Personal Lesson 12:00~12:30 12:30~13:00	Aquabics30 12:15	12:00 Form Check 12:30
12:15 Walking & Stretch 12:45		12:45 BreastStorke Intermediate 13:30	13:00~13:30 13:30~14:00	12:45 Power Hydro 13:15 13:30		13:00 Power Hydro 13:00	12:45 Long Swin30 13:15
13:00 CrawlStroke Breathing 13:30	13:00 BackStroke Breathing 13:30		14:15 Pay Personal Lesson 14:45	14:15 14:15			
13:45 ButterflyStrokeBeginner 14:15	13:45 Long Swin30 14:15	14:15~14:45 14:45~15:15	14:15 Power Hydro 14:45	14:15 14:15		14:00 Form Check 14:30	14:00 Power Hydro 14:30
Pay Personal Lesson 14:30~15:00 15:00~15:30		15:30 Aqua Dance 16:00	14:55 Aquabics30 15:25		14:45 Form Check 15:15	14:30 CrawlStroke Beginner 15:15	14:45 Aquabics30 15:15
					15:30 Aquabics30 16:00	15:30 Aqua Care Dance 16:00	
					16:10 Hydro Glove 16:40	16:10 Power Hydro 16:40	
19:00 CrawlStorke Intermediate 19:45	19:15 CrawlStroke Breathing 19:45	19:00 Power Hydro 19:30	19:00 Breast Stroke Beginner Intermediate 20:00	19:00 19:10 ButterflyStroke Intermediate 19:55			
20:00 Long Swin30 20:30	20:00 Aqua Dance 20:30	19:45 Pay Lesson Crawl Stroke Intermediate 20:45	20:00 Fighting Jog 20:45	Pay Personal Lesson 20:00~20:30 20:30~21:00			
20:45 CrawlStroke Breathing 21:15	20:40 Power Hydro 21:10						

We will be closed on the 4/5-4/21

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