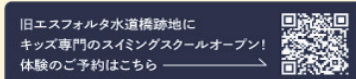
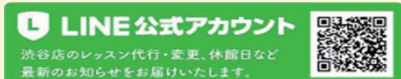


月 Monday 12, 19, 26		火 Tuesday 13, 20, 27		水 Wednesday 7, 14, 21, 28		木 Thursday 1, 8, 15, 22, 29		金 Friday 2, 9, 16, 23, 30	
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL
7:00								7:00	
30								30	
8:00						Yoga 7:30 ~ 8:20 Noa		Pilates 7:30 ~ 8:20 Kaori	
30		Burn G 7:55 ~ 8:40 Rina Capacity8						30	
9:00						Burn G 8:40 ~ 9:25 Rina Capacity8		Vocarhythm 8:40 ~ 9:40 Inoue	
30		Balletone® 9:00 ~ 9:45 Shiraki		Harmonythm 9:00 ~ 9:45 Honma				30	
10:00								10:00	
30		Aroma Stretching & Relaxation 10:10 ~ 11:10 Hiroshima		Release Yoga 10:00 ~ 11:00 AI				30	
11:00		Aquatic Walking 10:30 ~ 10:50 JULI		Aquatics 10:30 ~ 11:00 Ishiyone		Pelvic Exercise 10:30 ~ 11:30 Morita		Breaststroke Advanced 10:30 ~ 11:00 Yokoyama	
30		Swim Class Beginner 11:00 ~ 12:00 JULI		Ai Chi 11:10 ~ 11:40 Ishiyone		Butterfly Intermediate 11:00 ~ 11:30 Yokoyama		Swim with Fin Intermediate 11:10 ~ 11:40 Yokoyama	
12:00				Low Impact Beginner 11:25 ~ 12:10 Matsumoto Yuka		Low Impact Beginner 11:15 ~ 11:55 Kouda		TRX 11:20 ~ 11:50 Staff Capacity7	
30		Swim Class Advanced 12:10 ~ 13:10 JULI		Step Beginner 12:25 ~ 13:10 Matsumoto Yuka		Step Pre-Intermediate 12:05 ~ 12:50 Kouda		Shape Up Walking 11:45 ~ 12:15 JULI	
13:00		Pilates 11:50 ~ 12:50 Kumeda		Backstroke Beginner 12:15 ~ 13:00 Mori				Mat Pilates 12:10 ~ 13:00 Ogawa	
30		Yoga 13:10 ~ 14:10 Shino		Swim Class Pre-Intermediate 13:10 ~ 14:10 Mori		PORT DE BRAS 11:45 ~ 12:30 Kondo		Breaststroke Intermediate 12:25 ~ 12:55 JULI	
14:00		Backstroke Intermediate 13:20 ~ 13:50 JULI		Yoga 13:30 ~ 14:15 Fukuda		RITOMOS® 12:45 ~ 13:45 Kondo		Shape Up Walk Pre-Intermediate 13:15 ~ 14:15 Ogawa	
30		Crawl Beginner 14:00 ~ 14:30 Yoshida		Vocarhythm 14:30 ~ 15:30 Katayama		Aquatics 13:10 ~ 13:40 Kouda		Swim with Fin Advanced 13:05 ~ 13:35 JULI	
15:00		HOUSE Dance Start 14:40 ~ 15:10 Iuchi		Butterfly Intermediate 14:20 ~ 14:50 Mori		Shape Up Walking 13:50 ~ 14:20 Kouda		Hydro Conditioning 13:45 ~ 14:15 Sato	
30		Aquatics 14:45 ~ 15:15 Yoshida		Individual Medley Intermediate 15:00 ~ 15:45 Mori		Backstroke Beginner 14:30 ~ 15:00 Sato		Technical Class 14:25 ~ 14:45 Sato Capacity5	
16:00				Lesmills™ BODY ATTACK 15:45 ~ 16:45 Watanabe Hikaru		Crawl Beginner 15:10 ~ 15:40 Sato		Hula 14:30 ~ 15:30 Oowaki	
30						ZUMBA® 14:15 ~ 15:15 Fujita		RITOMOS® 15:45 ~ 16:45 Iguchi	
17:00		HOUSE Dance 15:20 ~ 16:20 Iuchi				Lesmills™ BODY PUMP 15:25 ~ 16:10 Ieki Kazuhiro		Hammock Exercise 15:05 ~ 16:05 YOKO	
30		【weekly Lessons】 Week1-2 K-POP Dance ERIKA Week3 UBOUND-Element- UBOUND Koumo (Week3 16:35~17:20) Week4 RITOMOS® Igarashi 16:35 ~ 17:35 Week3 Capacity14				Burn G 16:30 ~ 17:30 Rina Capacity8		UBOUND-Element- 16:25 ~ 16:40 Iizumi UBOUND® 16:40 ~ 17:10 Iizumi Capacity14	
18:00		Latin Dance 18:00 ~ 19:00 Sasaki Luis		Strike Boxing 18:15 ~ 19:00 BRAFT Sakaguchi Capacity12		Pelvic Exercise 18:30 ~ 19:30 Morita		Pilates 18:00 ~ 19:00 Kawamitsu	
30		Swim with Fin Beginner 19:00 ~ 19:30 Wajiki		UBOUND® 19:20 ~ 19:50 Iizumi		Board training 19:00 ~ 19:20 Murata Capacity7		Low Impact Pre-Intermediate 19:10 ~ 20:10 Nagashima	
19:00		ZUMBA® 19:10 ~ 20:10 Kajiwara		Shape Up Walking 19:00 ~ 19:30 Inaba		Crawl Intermediate 19:40 ~ 20:10 Iwaida		Vinyasa Yoga 19:00 ~ 20:00 NOB	
30		Butterfly Beginner 19:40 ~ 20:10 Wajiki		Aquatics 19:40 ~ 20:10 Inaba		Individual Medley Beginner 20:20 ~ 21:05 Iwaida		Backstroke Beginner 19:45 ~ 20:15 Okamura	
20:00		Lesmills™ BODY COMBAT 20:30 ~ 21:30 Karen		Dance Fit 20:05 ~ 20:50 Igarashi		MOSSA Group Power® 19:45 ~ 20:45 Joe		Long-Distance Swimming Beginner 20:25 ~ 20:55 Okamura	
30		Individual Medley Intermediate 20:20 ~ 21:05 Wajiki		RITOMOS® 21:00 ~ 21:45 Igarashi		MOSSA Group Fight® 21:00 ~ 21:45 Joe		MOSSA 3D30® 20:10 ~ 20:40 Joe Capacity8	
21:00								UBOUND® 20:50 ~ 21:35 Murata Capacity14	
30									
22:00									
30									

土 Saturday 10, 17, 24, 31		日 Sunday 18, 25	
STUDIO	POOL	STUDIO	POOL
7:00			
8:00	Yoga 7:30 ~ 8:20 Munemoto Shiori		
9:00	Shape up Lesson 8:40 ~ 9:10 Staff		
10:00	Hammock Exercise 9:30 ~ 10:30 YUCA Capacity10	TRX 9:10 ~ 9:40 Staff Capacity7	
11:00	Yoga 11:00 ~ 12:00 Tetsuya	Mat Pilates 10:00 ~ 11:00 Ogawa	Swim Challenge 10:00 ~ 11:00 Iwaida
12:00	Low Impact Beginner 12:20 ~ 13:05 Seko	Individual Medley Intermediate 11:10 ~ 11:55 Kojima	¥1,100 (tax in) Backstroke Advanced 11:10 ~ 11:40 Iwaida
13:00	B to B 13:20 ~ 14:05 Hamada	Functional Swim 12:05 ~ 12:35 Kojima	Individual Medley Advanced 11:50 ~ 12:35 Iwaida
14:00	HIPHOP Start 14:15 ~ 14:45 Kitani	Backstroke Beginner 12:45 ~ 13:15 Kojima	MOSSA Group Centergy® 12:15 ~ 13:15 Saito
15:00	HIPHOP 14:55 ~ 15:40 Kitani	Stretch Waking 13:30 ~ 14:00 Kuji	Yoga 13:30 ~ 14:30 Saito
16:00	Flex Cushion Yoga 15:50 ~ 16:50 Watanabe Miho	Breaststroke Beginner 14:15 ~ 14:45 Kuji	Breaststroke Beginner 13:30 ~ 14:00 Yoshida
17:00	MOSSA Group Power® 17:05 ~ 17:50 Joe	Swim with Fin Beginner 14:55 ~ 15:25 Kuji	Technical Class 14:10 ~ 14:30 Yoshida Capacity5
18:00	MOSSA Group Fight® 18:05 ~ 19:05 Rui	Aquatics 15:35 ~ 16:05 Nissy	Board training 14:40 ~ 15:00 Staff Capacity7
19:00		Lesmills™ BODY PUMP 14:45 ~ 15:30 Watanabe Hikaru	Aqua Dance 15:15 ~ 15:45 ★TAM★
20:00		Lesmills™ BODY COMBAT 15:50 ~ 16:35 Watanabe Hikaru	Hydro shape 15:55 ~ 16:25 ★TAM★ Capacity10

◆Capacity
STUDIO : 20
POOL(Swim) : 10
POOL(LongSwim) : 12
POOL(Walking・Aquatics) : 16

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



i

May close day

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

Pay Program

Swim Class

Price :

- 3times /month ¥3,960tax in
- 4times /month ¥5,280tax in
- 5times /month ¥6,600tax in

Capacity8 member
※The number of holdings changes every month.
Please confirm at the front desk.

Day of the week	Time	Instructor	Class
Mon	11:00~12:00	JULI	Beginner
	12:10~13:10	JULI	Advanced
Tue	13:10~14:10	Mori	Pre-Intermediate

Swim Challenge

Price : ¥1,100tax in/60min

Day of the week	Time	Instructor	Class
Sun	11:20~12:20	Iwaida	body loosening swimming

〒150-0031 Shibuya Infoss Tower B1F,20-1, Sakuragaokacho, Shibuya-Ku, Tokyo
TEL.03-3780-5551

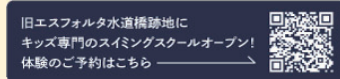
*Opening hours Mon.-Fri. 7:00am~23:00pm
Sat. 7:00am~21:00pm
Sun. and holiday.7:00am~20:00pm

月 Monday 7, 14, 21, 28		火 Tuesday 1, 8, 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									
8:00	Yoga 7:30 ~ 8:20 Tetsuya	Burn G 7:55 ~ 8:40 Rina Capacity8				Yoga 7:30 ~ 8:20 Noa		Pilates 7:30 ~ 8:20 Kaori	
9:00	Tai Chi 9:15 ~ 10:15 Yamamoto	Balletone® 9:00 ~ 9:45 Shiraki		Harmonythm 9:00 ~ 9:45 Honma		Burn G 8:40 ~ 9:25 Rina Capacity8		Vocarhythm 8:40 ~ 9:40 Inoue	
10:00	Flex Cushion Yoga 10:30 ~ 11:30 WatanabeMiho	Aroma Stretching & Relaxation 10:10 ~ 11:10 Hiroshima	Aquabics 10:30 ~ 11:00 Ishiyone	Release Yoga 10:00 ~ 11:00 Ai		Pelvic Exercise 10:30 ~ 11:30 Morita	Breaststork Advanced 10:30 ~ 11:00 Yokoyama	Yoga 10:00 ~ 11:00 Miyazawa	Butterfly Pre-intermediate 10:45 ~ 11:30 Kuji
11:00	Swim Class Beginner 11:00 ~ 12:00 JULI	Low Impact Beginner 11:25 ~ 12:10 MatsumotoYuka	Ai Chi 11:10 ~ 11:40 Ishiyone	Low Impact Beginner 11:15 ~ 11:55 Kouda	Butterfly Intermediate 11:00 ~ 11:30 Yokoyama	Swim with Fin Intermediate 11:10 ~ 11:40 Yokoyama		TRX 11:20 ~ 11:50 Staff Capacity7	Shape Up Walking 11:45 ~ 12:15 JULI
12:00	Pilates 11:50 ~ 12:50 Kumeda	Swim Class Advanced 12:10 ~ 13:10 JULI	Backstroke Beginner 12:15 ~ 13:00 Mori	Step Pre-Intermediate 12:05 ~ 12:50 Kouda	Individual Medley Advanced 11:40 ~ 12:25 Yokoyama	PORT DE BRAS 11:45 ~ 12:30 Kondo		Mat Pilates 12:10 ~ 13:00 Ogawa	Breaststork Intermediate 12:25 ~ 12:55 JULI
13:00	Yoga 13:10 ~ 14:10 Shino	Breaststork Advanced 13:20 ~ 13:50 JULI	Swim Class Pre-intermediate 13:10 ~ 14:10 Mori	Yoga 13:05 ~ 14:05 Tetsuya	Aquabics 13:10 ~ 13:40 Kouda	RITOMOS® 12:45 ~ 13:45 Kondo	Aquabics 13:10 ~ 13:40 Tsujimoto	Shape Up Walk Pre-Intermediate 13:15 ~ 14:15 Ogawa	Swim with Fin Advanced 13:05 ~ 13:35 JULI
14:00	Crawl Beginner 14:00 ~ 14:30 Yoshida	Yoga 13:30 ~ 14:15 Fukuda	Butterfly Intermediate 14:20 ~ 14:50 Mori	ZUMBA® 14:15 ~ 15:15 Fujita	Shape Up Walking 13:50 ~ 14:20 Kouda	Balletone® 14:00 ~ 14:45 Fujico	Crawl Beginner 14:00 ~ 14:30 Wajiki	Hydro Conditioning 13:45 ~ 14:15 Sato	
15:00	HOUSE Dance Start 14:40 ~ 15:10 Iuchi	Vocarhythm 14:30 ~ 15:30 Katayama	Individual Medley Intermediate 15:00 ~ 15:45 Mori	Lesmills™ BODY PUMP 15:25 ~ 16:10 Yashiro	Breaststork Beginner 14:30 ~ 15:00 Sato	Hammock Exercise 15:05 ~ 16:05 YOKO Week 1-3 Capacity10 Week 2-4 Capacity13	Individual Medley Beginner 14:40 ~ 15:10 Wajiki	Hula 14:30 ~ 15:30 Oowaki	Technical Class 14:25 ~ 14:45 Sato Capacity5
16:00	HOUSE Dance 15:20 ~ 16:20 Iuchi	Lesmills™ BODY ATTACK 15:45 ~ 16:45 WatanabeHikaru		Burn G 16:30 ~ 17:30 Rina Capacity8	Crawl Beginner 15:10 ~ 15:40 Sato	UBOUND-Element- 16:25 ~ 16:40 Izumi UBOUND® 16:40 ~ 17:10 Izumi Capacity14		RITOMOS® 15:45 ~ 16:45 Iguchi	
17:00	[Weekly Lessons] Week1-2 K-POP Dance Erika Week3 UBOUND-Element- UBOUND Kono (Week3 only 16:35-17:20) Week4 RITOMOS® Igarashi Ryo 15:35 ~ 16:35 Week3 only Capacity14	Strike Boxing 18:15 ~ 19:00 BRAFT Sakaguchi Capacity12	Shape Up Walking 19:00 ~ 19:30 Inaba	Pelvic Exercise 18:30 ~ 19:30 Morita	Board training 19:00 ~ 19:20 Murgata Capacity7	Pilates 18:00 ~ 19:00 Kawamitsu		PORT DE BRAS 16:55 ~ 17:40 Iguchi	
18:00	Latin Dance 18:00 ~ 19:00 Sasaki Luis	UBOUND® 19:20 ~ 19:50 Izumi Capacity14	Aquabics 19:40 ~ 20:10 Inaba	MOSSA Group Power® 19:45 ~ 20:45 Joe	Crawl Intermediate 19:40 ~ 20:10 Iwaida	Low Impact Pre-Intermediate 19:10 ~ 20:10 Nagashima	Backstroke Beginner 19:45 ~ 20:15 Okamura	Vinyasa Yoga 19:00 ~ 20:00 NOB	
19:00	ZUMBA® 19:10 ~ 20:10 Kajiwara	Dance Fit 20:05 ~ 20:50 Igarashi		MOSSA Group Fight® 21:00 ~ 21:45 Joe	Individual Medley Intermediate 20:20 ~ 21:05 Iwaida	X55® 20:25 ~ 21:20 RITO	Long-Distance Swimming Beginner 20:25 ~ 20:55 Okamura	MOSSA 3D30® 20:10 ~ 20:40 Joe Capacity8	
20:00	Lesmills™ BODY COMBAT 20:30 ~ 21:30 Karen	RITOMOS® 21:00 ~ 21:45 Igarashi						UBOUND® 20:50 ~ 21:35 Murata Capacity14	
21:00									
22:00									

土 Saturday 12, 19, 26		日 Sunday 6, 13, 20, 27	
STUDIO	POOL	STUDIO	POOL
7:00			
8:00	Yoga 7:30 ~ 8:20 MunemotoShiori		
9:00	Shape up Lesson 8:40 ~ 9:10 Staff		
10:00	Hammock Exercise 9:30 ~ 10:30 YUCA Capacity10	TRX 9:10 ~ 9:40 Staff Capacity7	
11:00	Yoga 11:00 ~ 12:00 Tetsuya	Mat Pilates 10:00 ~ 11:00 Ogawa	Swim Challenge 10:00 ~ 11:00 Iwaida
12:00	Low Impact Beginner 12:20 ~ 13:05 Seko	MOSSA GroupCentergy® 12:15 ~ 13:15 Saito	Backstroke Advanced 11:10 ~ 11:40 Iwaida ¥1,100+Tax include Individual Medley Advanced 11:50 ~ 12:35 Iwaida
13:00	B to B 13:20 ~ 14:05 Hamada	Yoga 13:30 ~ 14:30 Saito	Breaststroke Beginner 13:30 ~ 14:00 Yoshida
14:00	HIPHOP Start 14:15 ~ 14:45 Kitani	Lesmills™BODY PUMP 14:45 ~ 15:30 Watanabe Hikaru	Technical Class 14:10 ~ 14:30 Yoshida Capacity5 Board Training 14:40 ~ 15:00 Staff Capacity7
15:00	HIPHOP 14:55 ~ 15:40 Kitani	Lesmills™BODY COMBAT 15:50 ~ 16:35 Watanabe Hikaru	Aqua Dance 15:15 ~ 15:45 ★TAM★
16:00	Flex Cushion Yoga ~Advanced~ 15:50 ~ 16:50 WatanabeMiho		Hydro shape 15:55 ~ 16:25 ★TAM★ Capacity10
17:00	MOSSA Group Power® 17:05 ~ 17:50 Joe	Hammock Exercise 16:55 ~ 17:55 Koto Capacity10	
18:00	MOSSA Group Fight® 18:05 ~ 19:05 Rui		
19:00			
20:00			

◆Capacity
STUDIO : 20
POOL(Swim) : 10
POOL(LongSwim) : 12
POOL(Walking・Aquabics) : 16

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



April close day

Shibuya

5 th(Sat)

Ichigaya

6 th(Sun)

Akasaka

2 0 th(Sun)

Yokohama

8 th(Tue)

Roppongi

8 th(Tue)



Pay Program

Swim Class

Price :

3times /month ¥3,960tax in

4times /month ¥5,280tax in

5times /month ¥6,600tax in

Day of the week	Time	Instructor	Class
Mon	11:00~12:00	JULI	Beginner
	12:10~13:10	JULI	Advanced
Tue	13:10~14:10	Mori	Pre-Intermediate

Capacity8 member

※The number of holdings

changes every month.

Please confirm at the front desk.

Swim Challenge

Price : ¥1,100tax in/60min

Day of the week	Time	Instructor	Class
Sun	10:00~11:00	Iwaida	body loosening swimming



〒150-0031 Shibuya Infoss Tower B1F,20-1, Sakuragaokacho, Shibuya-Ku, Tokyo

TEL.03-3780-5551

*Opening hours Mon.-Fri. 7:00am~23:00pm

Sat. 7:00am~21:00pm

Sun. and holiday.7:00am~20:00pm