

esforta SUIDOUBASHI November Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other	
	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL		
7:00															7:00	HOT Hot program
15															15	NEW New program
30															30	
45	Functional20 7:45~8:05		Morning Yoga 7:45~8:30		Morning Yoga 7:45~8:30		Morning Yoga 7:45~8:30		Spine conditioning 7:45~8:30		Hot Pilates 7:45~8:30				45	PAY Paid program
8:00															8:00	C Capacity
15															15	
30															30	
45															45	
9:00															9:00	
15															15	
30															30	
45															45	
10:00		PAY Beginner Class Lesson 10:00~11:00	Flex Cushion Strech 10:15~10:35	Swimming with Fins 10:00~10:30	Hot Yoga 10:00~10:45			Power Hydroaqua 10:15~10:45	Hot Yoga 9:45~10:30		Hot Yoga 10:00~10:45	Conditioning swim 10:00~10:30		Aquabics45 10:00~10:45	10:00	
15	Health gymnastics 10:25~10:55														15	
30															30	
45															45	
11:00															11:00	
15		Walking 11:15~11:45		Original Aqua 11:00~11:45	Hula 10:55~11:40	PAY Challenge Class Lesson 11:00~12:00		Aquabics30 11:00~11:30		Walking in the Water 10:45~11:30		NEW Breast Stroke Beginner 10:45~11:30	Hot Yoga 11:00~11:45	Crawl Stroke Intermediate 11:00~11:45	11:00	
30															30	
45		NEW													45	
12:00	Hot Yoga 12:00~12:45	Butterfly Stroke Introductory 12:00~12:30	Hot Body Care 12:00~12:45												12:00	
15															15	
30															30	
45															45	
13:00		Shape Up Aqua45 13:00~13:45	Hot lymph Stretch 13:10~13:40	Start & turn 13:00~13:30											13:00	
15															15	
30															30	
45		NEW													45	
14:00		Crawl Stroke Beginner 14:00~14:30	Hot Yoga 13:50~14:35	Breast Stroke Intermediate 13:40~14:10											14:00	
15															15	
30															30	
45															45	
15:00	Pilates 14:45~15:30	PAY Advance Class Lesson 14:45~15:45		Shape up walking 14:40~15:25											15:00	
15															15	
30															30	
45															45	
16:00		Long Swimming 16:00~16:30													16:00	
15															15	
30															30	
45															45	
17:00															17:00	
15															15	
30															30	
45															45	
18:00	Beauty Pelvis Strech 18:15~19:00														18:00	
15															15	
30															30	
45															45	
19:00		NEW Back Stroke Beginner 19:10~19:40	Waist Shape 18:45~19:05	Butterfly Stroke Beginner 18:50~19:20	Pilates 19:00~19:45	Swimming with fins 19:10~19:40	Hot Yoga 19:00~19:45			Rhythmic ViPR 19:00~19:30	Swim Eight 19:05~19:35				19:00	
15															15	
30															30	
45															45	
20:00	Wavering 19:50~20:10	Masters challenge 19:50~20:20		Advance Class 19:30~20:30											20:00	
15															15	
30		NEW Back Stroke Beginner 20:30~21:00		Rhythmic ViPR 20:15~20:45											30	
45															45	
21:00															21:00	
15															15	
30															30	
45															45	
22:00															22:00	
15															15	
30															30	
45															45	

Official Closing Day

6(TUE)
SHIBUYA
ICHIGAYA
7(WED)
SUIDOBASHI
AKASAKA
8(THU)
ROPPONGI
YOKOHAMA

