

03—3292—0911

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	3rd	4th
			10:15 Power Hydroaqua			10:00 Aquabics 45	10:15 Power Hydroaqua	
			10:45	10:45		10:45	10:45	
11:00 Walking in the Water &Strech	11:00 Original Aqua	11:00 Crawl Stroke	11:00 Aquabics 45	11:00 Walking in the Water	11:00 Swimming with Fins	11:00 <b>Supersonic Wave Machine (Shape Up)</b>	11:00 Aquabics 45	11:00 Walking in the Water
		11:30			11:30			
11:45	11:45	11:45	11:45	11:45		11:45	11:45	11:45
12:00 Crawl Stroke Introductory	12:00 Breast Stroke Beginner	<b>Supersonic Wave Machine (Conditioning)</b>	12:15 Long Swimming with Fins	12:15 Crawl Stroke Intermediate			12:15 Swimming with Fins	<b>Supersonic Wave Machine (Body Care)</b>
		12:30					12:45	12:45
12:45	12:45		12:45					
13:00 Shape Up 30	13:00 Swimming with Fins	13:00 Aquabics 30	13:00 Start & Turn	13:00 Aquabics 30	13:00 Aquabics 45		13:00 Crawl Stroke Pre-Intermediate	13:00 Aquabics 30 & dumbbell
		13:30						
13:40 Shape Up Legs		13:45 Walking In the Water	13:45	13:45	13:45		13:45	13:45
		14:15	14:00 Aquabics 30	14:00 Breast Stroke Beginner	14:00 Crawl Stroke	14:00 Crawl Stroke Beginner	14:00 Aquabics 45	14:00 Butterfly Stroke Beginner
13:55								
14:15 Crawl Stroke Beginner	14:30 <b>Supersonic Wave Machine (Shape Up)</b>	14:30 Form Check	14:30	14:30	14:45	14:45	14:45	14:30
		15:00	14:40 Power Hydroaqua	14:45 Butterfly Stroke Introductory	15:00 Breast Stroke Intermediate	15:00 Challenge Hydroaqua		14:45
15:00 Long Swimming with Fins	15:15	15:15 Crawl Stroke Advance	15:10	15:15				15:15
	15:25 Challenge Hydroaqua	15:45			15:30	15:30		
	15:55				15:45 Power Hydroaqua		16:00 Open water Challenge	
	16:05 Stretch in the Jacuzzi with				16:15			
	16:20 Aromatherapy						17:00	
					18:00 Open water & Masters Challenge			
19:00 <b>Supersonic Wave Machine (Ryusui)</b>		19:00 Crawl Stroke Introductory	19:00 Crawl Stroke Intermediate	19:20 Form Check				
	19:30 Butterfly Stroke Beginner	19:30	19:45	19:50	19:30			
19:45		19:45 Swimnastics	20:00 Swim Eight	20:00 Aquabics 30				
20:00 Training Aqua	20:00							
	20:15 Long Swimming	20:30	20:30	20:30				
20:30		20:40 Power Walk & Training		20:45 Crawl Stroke Beginner				
	21:00	21:10		21:15				

We will be closed on the 5/5(Sat.)&16(Wed.)

03—3292—0911

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	30th
			10:15 Power Hydroaqua			10:00 Aquabics 45	
			10:45	10:45		10:45	
11:00 Walking in the Water &Strech	11:00 Original Aqua	11:00 Crawl Stroke	11:00 Aquabics 45	11:00 Walking in the Water	11:00 Swimming with Fins	11:00 <b>Supersonic Wave Machine (Shape Up)</b>	11:15 Walking In the Water
11:45	11:45	11:30 11:45 <b>Supersonic Wave Machine (Conditioning)</b>	11:45	11:45		11:45	11:45
12:00 Crawl Stroke Introductory	12:00 Breast Stroke Beginner	12:30 <b>Supersonic Wave Machine (Conditioning)</b>	12:15 Long Swimming with Fins	12:15 Crawl Stroke Intermediate			12:00 <b>Supersonic Wave Machine (Conditioning)</b>
12:45	12:45		12:45				12:45
13:00 Shape Up 30	13:00 Swimming with Fins	13:00 Aquabics 30	13:00 Start & Turn	13:00 13:15 Aquabics 30	13:00 Aquabics 45		13:00 Run & Aqua
13:30	13:30	13:30					
13:40 Shape Up Legs		13:45 Walking In the Water	13:45 14:00 Aquabics 30	13:45 14:00 Breast Stroke Beginner	13:45 14:00 Crawl Stroke	14:00 Crawl Stroke Beginner	13:45
13:55							
14:15 Crawl Stroke Beginner	14:30 <b>Supersonic Wave Machine (Shape Up)</b>	14:15 14:30 Form Check	14:30 14:40 Power Hydroaqua	14:30 14:45 Butterfly Stroke Introductory	14:45 15:00 Back Stroke Intermediate	14:45 15:00 Challenge Hydroaqua	15:00 Long Swimming with Fins
14:45	15:15	15:00	15:10	15:15	15:30	15:30	
15:00 Long Swimming with Fins	15:25 Challenge Hydroaqua	15:15 Breast Stroke Advance			15:45 Power Hydroaqua		16:00
	15:55						
	16:05 Stretch in the Jacuzzi with 16:20 Aromatherapy				16:15		
					18:00 Open water & Masters Challenge		
19:00 <b>Supersonic Wave Machine (Ryusui)</b>		19:00 Crawl Stroke Introductory	19:00 Crawl Stroke Intermediate	19:20 Form Check			
19:45	19:30 Crawl Stroke Beginner	19:30	19:45	19:50	19:30		
20:00 Training Aqua	20:00	19:45 Swimnastics	20:00 Swim Eight	20:00 Aquabics 30			
20:30	20:15 Long Swimming	20:30	20:30	20:30			
		20:40 Power Walk & Training		20:45 Crawl Stroke Beginner			
	21:00	21:10		21:15			

We will be closed on the 4/5(Thu.)&16(Mon.)