

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	3rd(Thu.)	4th(Fri.)
		Personal Lesson 8:45~9:15 9:15~9:45						
9:15 Aquabics 30			9:15 Aquabics 30					
9:45			9:45					
10:00 Easy Walking	10:00 Float & Kicking	10:00 Walking in the Water	10:00 Walking for shape up and beautiful style	10:00 Aquabics 45				
10:30	10:30	10:30	10:30					
10:45 Aquabics 30	10:45 Aquabics 30	10:45 Aquabics 30	10:45 Aquabics 30	10:45				
				Supersonic Wave Machine		10:45 Swimming School	11:00	
11:15	11:15	11:15	11:15		11:15	Crawl Stroke Introductory	Aquabics 45	11:15 Aquabics 30
11:30 Swim with Fin	11:30 Butterfly Stroke Beginner	11:30 Back Stroke Beginner	11:30 Crawl Stroke Beginner	11:45	11:45	11:45 Crawl Stroke Pre-Intermediate	11:45	11:45
12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00
		12:15 Swimming School	12:15 Swimming School	Crawl Stroke Introductory	Crawl Stroke Beginner	Breast Stroke Introductory	Breast Stroke Beginner	Crawl Stroke Introductory
12:45 Swimming School		Breast Stroke Pre-Intermediate	Crawl Stroke Breathing	Personal Lesson 12:45~13:15	12:45 Supersonic Wave Machine	12:45 Butterfly Stroke Beginner	12:45 Crawl Stroke Introductory	12:45 Crawl Stroke Beginner
13:45 Crawl Stroke Pre-Intermediate		13:15	13:15			13:15	13:15	13:15
	13:45 Aquabics 30	13:30 Exercise for Lower Back Pain						
14:00 Breast Stroke Beginner	14:15	14:00	14:00	13:45 Swim with Fin	13:45 Breast Stroke Beginner			
14:30	14:30 Swimming School	14:15 Aquabics 30	14:30 Crawl Stroke Beginner	14:15	14:15			
14:45 Aquabics for beautiful style	Breast Stroke Beginner	14:45	14:45 Aquabics 30	14:30 Aquabics 30	14:30 Aquabics 30	14:30 Form Check	14:30 Aquabics 30	14:30 Aquabics 45
15:15	15:30	15:00 Swimming School	15:15	15:00	15:00	15:00	15:00	15:15
15:30 Crawl Stroke Introductory	15:45 Breast Stroke Introductory	16:00 Crawl Stroke Pre-Intermediate	15:30 Butterfly Stroke Beginner	15:15 Butterfly Stroke Intermediate	15:15 Crawl Stroke Beginner	15:15 Skill Improvement	15:15 Long Swim with Fin	15:30 Turn
16:00	16:15		16:00	15:45	15:45	15:45	15:45	16:00
16:15 Crawl Stroke Advance	Personal Lesson 16:30~17:00 17:00~17:30		16:15 Crawl Stroke Intermediate	16:00 Swimming School	16:00 Aquabics 45	16:00 Aquabics 30	16:00 Butterfly Stroke Beginner	16:15 Back Stroke Beginner
16:45			16:45	Butterfly Stroke Beginner	16:45	16:30	16:30	16:45
				17:00 Personal Lesson 17:15~17:45 17:45~18:15				
					18:15			
					Long Swimming 45			
					19:00			
19:30 Aquabics 30	19:30 Walking & Stretch	19:30 Walking in the Water	19:30 Slim Up Body	19:45				
20:00	19:50	19:50	20:00	Skill Improvement				
20:15 Back Stroke Introductory	20:00 Aquabics 30	20:00 Aquabics 30	20:15 Aqua Dance 30	20:15				
20:45	20:30	20:35 Aich	20:45	20:30 Butterfly Stroke Beginner				
21:00 Crawl Stroke Beginner	20:45 Long Swim with Fin	20:50	21:00 Crawl Stroke Pre-Intermediate	21:00				
21:30	21:15	21:00 Crawl Stroke Introductory	21:30	21:15 Exercise for Lower Back Pain				
		21:30		21:45				

We will be closed on the 5th(Sat.)-22nd(Tue.)

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	30th(Mon.)
		Personal Lesson 8:45~9:15 9:15~9:45					
9:15 Aquabics 30			9:15 Aquabics 30				
9:45			9:45				
10:00 Easy Walking	10:00 Float & Kicking	10:00 Walking in the Water	10:00 Walking for shape up and beautiful style	10:00 Aquabics 45			
10:30	10:30	10:30	10:30				
10:45 Aquabics 30	10:45 Aquabics 30	10:45 Aquabics 30	10:45 Aquabics 30	10:45			
				11:00 Supersonic Wave Machine		10:45 Swimming School	
11:15	11:15	11:15	11:15		11:15 Crawl Stroke Introductory		11:15 Aquabics 30
11:30 Supersonic Wave Machine	11:30 Butterfly Stroke Beginner	11:30 Back Stroke Beginner	11:30 Crawl Stroke Beginner	11:45	11:45	11:45 Crawl Stroke Pre-Intermediate	11:45
	12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:15		12:15 Swimming School	12:15 Swimming School	Crawl Stroke Introductory	Crawl Stroke Beginner	Breast Stroke Introductory	Form Check
				12:30	12:30	12:30	12:30
12:45 Swimming School		Breast Stroke Pre-Intermediate	Crawl Stroke Breathing	Personal Lesson 12:45~13:15	12:45 Supersonic Wave Machine	12:45 Butterfly Stroke Beginner	12:45 Skill Improvement
Crawl Stroke Pre-Intermediate		13:15	13:15			13:15	13:15
13:45	13:45 Aquabics 30	13:30 Exercise for Lower Back Pain					
14:00 Breast Stroke Beginner	14:15	14:00	14:00	13:45 Swim with Fin	13:45 Breast Stroke Beginner		
14:30	14:30 Swimming School	14:15 Aquabics 30	14:30 Crawl Stroke Beginner	14:15	14:15		
14:45 Aquabics for beautiful style	Breast Stroke Beginner	14:45	14:45 Aquabics 30	14:30 Aquabics 30	14:30 Aquabics 30	14:30 Form Check	14:30 Crawl Stroke Beginner
15:15	15:30	15:00 Swimming School	15:15	15:00	15:00	15:00	15:00
15:30 Crawl Stroke Introductory	15:45 Breast Stroke Introductory	Crawl Stroke Pre-Intermediate	15:30 Butterfly Stroke Beginner	15:15 Butterfly Stroke Intermediate	15:15 Crawl Stroke Beginner	15:15 Skill Improvement	15:15 Aquabics 45
16:00	16:15	16:00	16:00	15:45	15:45	15:45	16:00
16:15 Crawl Stroke Advance	Personal Lesson 16:30~17:00 17:00~17:30		16:15 Crawl Stroke Intermediate	16:00 Swimming School	16:00 Aquabics 45	16:00 Aquabics 30	16:15 Crawl Stroke Pre-Intermediate
16:45			16:45	Butterfly Stroke Beginner	16:45	16:30	16:45
				17:00 Personal Lesson 17:15~17:45 17:45~18:15			
					18:15		
					Long Swimming 45		
					19:00		
19:30 Aquabics 30	19:30 Walking & Stretch	19:30 Walking in the Water	19:30 Slim Up Body	19:45			
20:00	19:50	19:50	20:00	Skill Improvement			
20:15 Back Stroke Introductory	20:00 Aquabics 30	20:00 Aquabics 30	20:15 Aqua Dance 30	20:15			
20:45	20:30	20:35 Aich	20:45	20:30 Butterfly Stroke Beginner			
21:00 Crawl Stroke Beginner	20:45 Long Swim with Fin	20:50	21:00 Crawl Stroke Pre-Intermediate	21:00			
21:30	21:15	21:00 Crawl Stroke Introductory	21:30	21:15 Exercise for Lower Back Pain			
		21:30		21:45			

We will be closed on the 5th(Thu.)-22nd(Sun.)