Esforta YOKOHAMA STUDIO PROGRAM

TEL 045-641-6111

URL http://www.esforta.co.jp mobile http://www.esfo.jp

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun	3th	4th
	8:30 Tai-Chi <50> 9;20		8:30 Yoga <50> 9:20					
10:00 Yoga 11:00	10:00 Hula Dance 11:00	10:00 Low Impact Beginner <40> 10:40	10:00 Mat Science 11:00	10:00 Yoga 11:00	10:30 Aroma Yoga 11:30	10:30 BFS Group Kick 11:30	10:30 Yoga <50> 11:20	10:30 Shape up Low Impact Pre-Intermediate 11:30
11:10 ZUMBA 12:10	11:15 Yoga 12:15	10:50 Shape up Low Impact Pre-Intermediate 11:50	11:45 Martial Workout <45> 12:30	11:15 Hula Dance 12:15	11:40 Ritomos<45> 12:25	11:40 Yoga 12:40	11:35 Enjoy Ramp <45> 12:20	11:45 Ritomos 12:45
12:20 Party Funk 13:20	12:30 Hi-Lo Combo Per-Advance 13:30	12:05 Ritomos<45> 12:50	12:45 Latin Aerobics 13:45	12:25 Low Impact Beginner <30> 12:55	12:35 Kick Box Aerobics Pre-Intermediate 13:35	12:50 Port de Bras 13:50	12:30 ZUMBA 13:30	13:00 Yoga 14:00
13:30 Pilates 14:30	13:40 Balletone ～fitness.ballet yoga Fusion～ 14:40	13:00 Yoga 14:00	13:55 Yoga 14:55	13:10 Dumbbell Shape up 14:10	13:45 Hi Impact Beginner <40> 14:25	14:05 BFS Group Power <45> 14:50	13:45 BFS Group Power 14:45	14:15 ZUMBA 15:15
14:40 Low Impact pre-Intermediate 15:40	14:50 ZUMBA 15:50	14:10 Hi Impact Beginner <40> 14:50	15:05 Low Impact Beginner 16:05	14:25 Yoga 15:25	14:35 Hi-Lo Combo Pre-Intermediate 15:35	15:05 Low Impact Beginner <40> 15:45	15:00 Stretching 15:20	15:30 Low Impact pre-Intermediate 16:30
15:50 Improve Balance 16:50	16:00 Rhythm exercise <40> 16:40	15:00 House 16:00	16:20 Enjoy Ramp <45> 17:05	15:40 Ballet Beginner 16:40	15:50 ZUMBA 16:50	15:55 ZUMBA 16:55	15:35 Strike Boxing <50> 16:25	16:45 Stretching 17:05
17:50 Stretching 18:10 <20>	17:50 Stretching 18:10 <20>				17:05 Yoga 18:05	17:05 Hi-Lo Combo Pre-Intermediate 18:05	16:40 Low Impact pre-Intermediate 17:40	17:20 BFS Group Kick 18:20
18:30 Latin Aerobics <50> 19:20	18:30 Shape up Low Impact Pre-Intermediate 19:30	18:15 Ritomos 19:15	18:15 ZUMBA 19:15	18:15 Lymph crikey 19:15	18:20 BFS Group Power 19:20			
19:30 ZUMBA 20:30	19:45 BFS Group Kick<45> 20:30	19:25 Kick Box Aerobics Pre-Advance 20:25	19:25 Hi-Lo Combo Pre-Intermediate 20:25	19:30 Low Impact Pre-Intermediate <50> 20:20	<The closing day of this month> 5th・22nd ◎Please refrain from the entrance with it being past class start time. ◎Write your name in the list when you join to studio program		Holiday	Holiday
20:45 Strike Boxing <50> 21:35	20:45 Yoga 21:45	20:40 Yoga <50> 21:30	20:40 BFS Group Power 21:40	20:30 ZUMBA 21:30				
21:45 Stretching 22:05 <20>			21:50 Stretching 22:10 <20>	21:40 Stretching 22:00 <20>				

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11:10 ZUMBA 12:10	11:15 Yoga 12:15	10:55 Shape up Low Impact Pre-Intermediate 11:55	11:45 Martial Workout Pre-Intermediate <45> 12:30	11:15 Hula Dance 12:15	11:40 Ritomos<45> 12:25	11:40 Yoga 12:40	11:40 abdom 12:00
12:20 Party Funk 13:20	12:30 Hi-Lo Combo Pre-Intermediate 13:30	12:05 Ritomos<45> 12:50	12:45 Latin Aerobics 13:45	12:25 Low Impact Beginner <30> 12:55	12:35 Kick Box Aerobics Pre-Intermediate 13:35	12:50 Port de Bras 13:50	12:10 Low Impact Pre-Intermediate 13:10
13:30 Pilates 14:30	13:40 Balletone ～fitness.ballet yoga Fusion～ 14:40	13:00 Yoga 14:00	13:55 Yoga 14:55	13:10 Dumbbell Shape up 14:10	13:45 Hi Impact Beginner <40> 14:25	14:05 BFS Group Power <45> 14:50	13:25 BFS Group Kick 14:25
14:40 Low Impact Pre-Intermediate 15:40	14:50 ZUMBA 15:50	14:10 Hi Impact Beginner <40> 14:50	15:05 Low Impact Beginner 16:05	14:25 Yoga 15:25	14:35 Hi-Lo Combo Pre-Intermediate 15:35	15:05 Low Impact Beginner <40> 15:45	14:40 techniqu 14:55
15:50 Improve Balance 16:50	16:00 Rhythm exercise <40> 16:40	15:00 House 16:00	16:20 Enjoy Ramp <45> 17:05	15:40 Ballet Beginner 16:40	15:50 ZUMBA 16:50	15:55 ZUMBA 16:55	15:05 BFS Group Power 16:05
17：50 Stretching 18:10 <20>	17：50 Stretching 18:10 <20>				17:05 Yoga 18:05	17:05 Hi-Lo Combo Pre-Intermediate 18:05	16:20 Latin Aerobics<50> 17:10
18:30 Latin Aerobics <50> 19:20	18:30 Shape up Low Impact Pre-Intermediate 19:30	18:15 Ritomos 19:15	18:15 ZUMBA 19:15	18:15 Lymph crikey 19:15	18:20 BFS Group Power 19:20		17:20 ZUMBA 18:20
19:30 ZUMBA 20:30	19:45 BFS Group Kick<45> 20:30	19:25 Kick Box Aerobics Pre-Advance 20:25	19:25 Hi-Lo Combo Pre-Intermediate 20:25	19:30 Low Impact Pre-Intermediate <50> 20:20	<The closing day of this month> 5th ･22nd ◎Please refrain from the entrance with it being past class start time. ◎Write your name in the list when you join to studio program		Holiday
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21：45 Stretching 22：05 <20>			21:50 Stretching 22:10 <20>	21:40 Stretching 22:00 <20>			