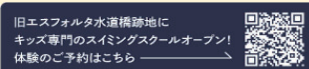




土 Saturday 10, 17, 24, 31			日 Sunday 11, 18, 25		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
8:00					
9:00	Yoga 8:40 ~ 9:40 Yogainstructor				
10:00	Pervic Stretching 9:55 ~ 10:55 Fujiwara	Jazz Dance Conditioninig 10:00 ~ 11:00 Matsumoto Yuka	LesMills™ BODYPUMP 10:00 ~ 11:00 Ota Soshi	Yoga 9:45 ~ 10:45 MARI	Butterfly stroke beginner 10:10 ~ 10:40 Uchida
11:00	Scapula Yoga 11:10 ~ 12:10 Fujiwara	Dance Aerobics 11:15 ~ 12:15 Matsumoto Yuka	Butterfly stroke introductory 11:20 ~ 11:50 Hosoi	LesMills™ BODYATTACK 11:20 ~ 12:05 Ota Soshi	Strong Nation™ 11:15 ~ 12:15 Kenji Capacity 8
12:00	BtoB 12:25 ~ 13:25 chihiro	Belly Dance intoroductory 12:30 ~ 13:30 Hoda	Yoga 12:45 ~ 13:45 Misuzu	Contemporary Dance 12:30 ~ 13:45 KEIKO	Crawl pre-intermediate class 11:30 ~ 12:30 Uchida
13:00	UBOUND® 13:40 ~ 14:40 Yonedu	Belly Dance 13:45 ~ 14:45 Hoda	Butterfly stroke introductory~begi nner class 13:40 ~ 14:40 Hosoi	Yoga 14:00 ~ 15:00 Misuzu	ZUMBA® 14:00 ~ 15:00 Chii
14:00	ZUMBA® 14:55 ~ 15:55 Kei	Yoga 15:00 ~ 16:00 YOKO	Aqua Combat 15:45 ~ 16:15 *TAM*	Jazz Dance 15:15 ~ 16:15 KEIKO	BtoB 15:30 ~ 16:30 chihiro
15:00	Hi-Low Combo Pre-Intermediate 16:10 ~ 17:10 Sanjo	Pilatis 16:15 ~ 17:15 YOKO	Aqua Dance 16:30 ~ 17:00 *TAM*	Yoga 16:40 ~ 17:40 Misuzu	Strike Boxing 16:45 ~ 17:35 kaji
16:00	MOSSA GroupBlast🔥 17:30 ~ 18:30 Tamaki Akira				
17:00	MOSSA GroupFight🔥 18:45 ~ 19:45 Tamaki Akira				
18:00					
19:00					
20:00					

◆Capacity  
STUDIO1 : 15  
STUDIO2 : 10  
POOL (swim) : 8  
POOL (other) : 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.



## May close day

**Shibuya**

1 1 th(Sun)

**Ichigaya**

6 th(Tue)

**Akasaka**

9 th(Fri)

**Yokohama**

8 th(Thu)

**Roppongi**

8 th(Thu)



## Pay Program

### Swim Class

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

Capacity max 8 people

Price :

2times /month ¥2,640

3times /month ¥3,960

4times /month ¥5,280

Day of the week	Time	Instructor	Class
Mon	12:45~13:45	Mori	Four stroke beginner
Wed	12:40~13:40	Ogawa	Four stroke intermediate
Thu	12:00~13:00	Hosoi	Crawl & Butterfly beginner
Fri	12:40~13:40	Iwaida	Crawl stroke & Back stroke pre-intermediate
Sat	13:40~14:40	Hosoi	Butterfly stroke introductory beginner
Sun	11:30~12:30	Uchida	Crawl pre-intermediate

## Special Lesson

### Swim Challenge

Day of the week	Time	Instructor	Price	May			
				4th	5th	6th	30th
San	11:30-12:30	uchida	¥1,100tax in/60min	Breast stroke pre-intermediate			
Mon	12:10-13:10	ogawa	¥1,100tax in/60min		Butterfly stroke & Breast stroke intermediate		
Tue	10:00-11:00	ogawa	¥1,100tax in/60min			Swim with Fin beginner	
Fri	12:40-13:40	Iwaida	¥1,100tax in/60min				Strech Swim



〒231-0024

Parksquareplaza 2F-B1F 1-2 Yoshihama-cho, Naka-ku, Yokohama, Kanagawa

TEL/045-641-6111

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

Sat. 7:00am~21:00pm

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

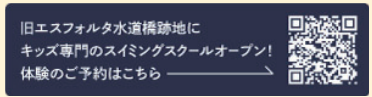
※tax-included price

月 Monday 7, 14, 21, 28			火 Tuesday 1, 15, 22			水 Wednesday 2, 9, 16, 23, 30			木 Thursday 3, 10, 17, 24			金 Friday 4, 11, 18, 25		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
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土 Saturday 5, 12, 19, 26			日 Sunday 6, 13, 20, 27		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
8:00					
9:00	Yoga 8:40 ~ 9:40 Hatsune				
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14:00	UBOUND® 13:40 ~ 14:40 Yonedu	Belly Dance 13:45 ~ 14:45 Hoda	Butterfly stroke introductory-beginner class 13:40 ~ 14:40 Hosoi	Yoga 14:00 ~ 15:00 Misuzu	ZUMBA® 14:00 ~ 15:00 Chii
15:00	ZUMBA® 14:55 ~ 15:55 Kei	Yoga 15:00 ~ 16:00 YOKO		Jazz Dance 15:15 ~ 16:15 KEIKO	BtoB 15:30 ~ 16:30 chihiro
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17:00			Aqua Dance 16:30 ~ 17:00 *TAM*	Yoga 16:40 ~ 17:40 Misuzu	Strike Boxing 16:45 ~ 17:35 kaji
18:00	MOSSA GroupBlast® 17:30 ~ 18:30 Tamaki Akira				
19:00	MOSSA GroupFight® 18:45 ~ 19:45 Tamaki Akira				
20:00					

◆Capacity  
STUDIO1 : 15  
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POOL (other) : 16

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Reservations can be made 3 hours before the program starts.



## April close day

<b>Shibuya</b> 5 th(Sat)	<b>Ichigaya</b> 6 th(Sun)	<b>Akasaka</b> 20 th(Sun)
<b>Yokohama</b> 8 th(Tue)	<b>Roppongi</b> 8 th(Tue)	

## Swim Class

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Fri	12:40~13:40	Iwaida	Crawl stroke & Breath stroke pre-intermediate
Sat	13:40~14:40	Hosoi	Butterfly stroke introductory beginner
Sun	11:30~12:30	Uchida	Crawl pre-intermediate

## Special Lesson

### Swim Challenge

Day of the week	Time	Instructor	Price	April
Wed	12:40-13:40	Ogawa	¥1,100tax in/60min	30th Butterfly stroke & Swim with Fin intermediate