

Esforta AKASAKA STUDIO PROGRAM

JUNE

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[URL] <http://www.esforta.co.jp>

[mobile] <http://www.esfo.jp>

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	8:00 Morning Yoga 9:00			7:20 Morning Tai-Chi 8:00 <40>		
10:00 Morning Stretching 10:20 <20>		10:00 Morning Stretching 10:20 <20>	10:00 Short Stretching 10:15 <15>	10:00 Morning Stretching 10:20 <20>	9:30 空手 Karate ※1	
10:30 Low Impact Beginner	10:30 Hula Dance	10:30 Pelvic Exercise &Yoga	10:20 Light Low Impact 10:50 <30> 11:00 Yoga	10:30 Low Impact Beginner	10:40 Shape Up Low Impact Pre-Intermediate	10:30 Yoga
11:30	11:30	11:30		11:30	11:40	11:30
	11:50 Low Impact Beginner		12:00		11:50 <20> Barlet Stretching 12:10	11:40 Strike Boxing
	12:50			12:00 <20> Kuripal Basic 12:50 Breathing	12:15 <50> Ballet Basic 13:05	Pre-intermediate 12:25 <45> 12:35
13:00 Belly Dance	13:00 Shape Up Low Impact Pre-Intermediate	13:00 Low Impact Beginner	13:00 Mat Pilates	13:00 Kuripal Yoga		Hi-Lo Combo Pre-intermediate
14:00	14:00	14:00	14:00	14:00	13:30 <30> Gym Variety 14:00 Beginner	13:35
14:10 Ballet Stretching 14:30 <20>	14:15 Self Body Adjustment	14:15 Style Up Yoga	14:15 STEP Pre-Intermediate	14:15 Hi-Lo Combo Pre-Intermediate	14:15 Aerobics Beginner	13:45 Balletone ~fitness・ballet ・Yoga fusion~
14:35 Ballet Basic <50>	15:15	15:15	15:15	15:15	15:15	14:45
15:25	15:30	15:30	15:30	15:30	15:30	14:55
15:35 Aerobics Latin Mix	Low Impact & S Ball EX. Beginner	HIP HOP	Tai-Chi	Dorainage Yoga	Aroma Detox Yoga	Low Impact Beginner <40>
Pre-Intermediate 16:35	16:30	16:30	16:30	16:30	16:30	15:35
					16:40	15:45 Roller Relax 16:00 <15>
					STEP Beginner	16:10
					17:40	17:10
18:30 Power Yoga <50>	18:30 Style Up Yoga <50>	18:30 Low Impact Beginner 19:10 <40>	18:30 Aerobics Beginner<40> 19:10			17:30 Ball Ex.
19:20	19:20	19:20	19:20	19:00	18:00	18:00 <30>
19:30 Aerobics Pre-Intermediate <50>	19:30 Low Impact Pre-Intermediate <50>	19:20 Mat Science <50> ※2	19:20 Martial Workout Pre-Intermediate 20:05 20:15	19:00 Internal Therapy <50>	18:40 <40>	18:10 Flamenco Biginner
20:20	20:20	20:10	20:15	19:50	18:50 Roller Relax 19:20 <30>	19:10
20:20	20:20	20:20	Ballet Basic	20:00		
20:30 Pelvic Exercise	20:30 Fighting Kicks Pre-Intermediate <50>	Hi-Lo Combo Intermediate	21:15	Cardio Boxing Pre-Intermediate <50>		
21:30	21:20	21:20		20:50		
					<p>The closing day of this month</p> <p>5th(Fri)・17th(Wed)</p> <p>◎Please refrain from the entrance with it being past class start time.</p>	

※1・・・A registration will be needed for this lesson.

