

(Mon)	(Tue)	(Wed)	(Thu)	(Fri)	(Sat)	(Sun)	20(Fri)
			10:00 Walking in the Water&Relax			10:30 Crawl Stroke Beginner	
			10:30	10:30 Form Check 【Capacity:3】		11:00	10:30 Crawl Stroke Pre-Intermediate
			10:40 Crawl Stroke Pre-Intermediate	11:00		11:10 Crawl Stroke Pre-Intermediate	11:15
			11:10			11:40 Personal Lesson 11:50~12:20 12:20~12:50	11:30 Butterfly Stroke Pre-Intermediate
			12:45	Personal Lesson 12:30~13:00 13:00~13:30			12:15
		13:00 Form Check 【Capacity:3】	Swimming introductory 13:15【Capacity:3】		13:00 Hydro Aqua		Personal Lesson 12:30~13:00 13:00~13:30
						13:10 Butterfly Stroke Beginner	
13:30 Crawl Stroke Pre-Intermediate	13:40 Form Check 【Capacity:3】	13:40 Crawl Stroke Pre-Intermediate		13:40 Crawl Stroke Beginner	13:40 Flow&Relax	13:55 Personal Lesson 14:00~14:30	
14:00	14:10	14:10		14:10 Personal Lesson 14:20~14:50	14:05 Walking in the Water		
14:10 Butterfly Stroke Beginner	Video Check 14:20~14:30 14:40~14:50	14:20 Swimming with Fins	Personal Lesson 14:45~15:15		14:35	↑ NEW !!	
14:40 Personal Lesson 14:50~15:20		14:50					
	15:30 Aqua Dance 30		15:30 Hydro Aqua	15:00 Aqua Dance 30	15:30 Aqua Dance 45		
	16:00		15:45	15:30			16:00
			15:50 Hydro Aqua	15:40 Quick Shape 15:55	16:15	16:30 Work out with Fins	Aqua Dance 45
			16:20			17:00	16:45
Personal Lesson 18:00~18:30 18:30~19:00	Personal Lesson 18:00~18:30 18:30~19:00		Video Check 18:00~18:10 18:20~18:30	Personal Lesson 18:30~19:00		17:15 Aqua Dance 30	
	19:00 Crawl Stroke Beginner					17:45	
19:10 Back Stroke Beginner	19:30 Walking & Jog	19:15	19:15 Hydro Aqua	19:30 Aqua Dance 30		17:50 Quick Shape	
	19:45 Shape Up 30	19:30	19:45	20:00		18:05	
19:55		19:35 Aqua Dance	19:55 Crawl Stroke Pre-Intermediate	20:05 Flow&Relax		↑ 1st Hydro Aqua	
20:00 Breast Stroke Beginner	20:15	19:50	20:25 Personal Lesson 20:30~21:00 21:00~21:30	20:20			
20:45	20:30 Swimming with Fins	19:55 Hydro Aqua					
	21:00						
	21:10 Long Swim						
	21:40						

Roppongi branch will be closed on 5th(Thu)、22nd(Sun)

(Mon)	(Tue)	(Wed)	(Thu)	(Fri)	(Sat)	(Sun)	11(Wed)
			10:00 Walking in the Water&Relax			10:30 Crawl Stroke Beginner	
			10:30	10:30 Form Check 【Capacity:3】		11:00 Crawl Stroke Pre-Intermediate	
			10:40 Crawl Stroke Pre-Intermediate	11:00		11:40 Personal Lesson 11:50~12:20 12:30~13:00	EVENT Video Check 12:15~12:30 12:30~12:45 12:45~13:00 13:00~13:15
			11:10				
			12:45 Swimming introductory	Personal Lesson 12:30~13:00 13:00~13:30	13:00 Hydro Aqua	13:10 Butterfly Stroke Beginner	
		13:00 Form Check 【Capacity:3】	13:15【Capacity:3】				
13:30 Crawl Stroke Pre-Intermediate	13:40 Form Check 【Capacity:3】	13:40 Crawl Stroke Pre-Intermediate		13:40 Crawl Stroke Beginner	13:40 Flow&Relax	13:55	13:30 Crawl Stroke Pre-Intermediate
14:00	14:10	14:10		14:10 Personal Lesson 14:20~14:50	14:05 Walking in the Water		14:15
14:10 Butterfly Stroke Beginner	Video Check 14:20~14:30 14:40~14:50	14:20 Swimming with Fins	Personal Lesson 14:45~15:15		14:35		EVENT Video Check 14:30~14:45 14:45~15:00 15:00~15:15 15:15~15:30
14:40 Personal Lesson 14:50~15:20		14:50					
	↓ NEW !!			15:00 Aqua Dance 30	15:30 Aqua Dance 45	15:45 Hydro Aqua	
	15:30 Aqua Dance 30		15:30 Hydro Aqua	15:30		16:15	
	16:00		15:45	15:40 Quick Shape 15:55	16:15	16:30 Work out with Fins	
			15:50 Hydro Aqua			17:00	
			16:20			17:15 Aqua Dance 30	17:15 Aqua Dance 45
Personal Lesson 18:00~18:30 18:30~19:00	Personal Lesson 18:00~18:30 18:30~19:00		Video Check 18:00~18:10 18:20~18:30	Personal Lesson 18:30~19:00		17:45	
	19:00 Crawl Stroke Beginner					17:50 Quick Shape	18:00
19:10 Back Stroke Beginner	19:30 Walking & Jog	19:15 Walking & Jog	19:15 Hydro Aqua	19:30 Aqua Dance 30		18:05	
	19:45 Shape Up 30	19:30	19:45	20:00			
19:55		19:35 Aqua Dance	19:55 Crawl Stroke Pre-Intermediate	20:05 Flow&Relax			
20:00 Breast Stroke Beginner	20:15 Swimming with Fins	19:50	20:25 Personal Lesson 20:30~21:00 21:00~21:30	20:20			
20:45	21:00	20:10					
	21:10 Long Swim						
	21:40						

Roppongi branch will be closed on 5th(Thu)、22nd(Sun)