

esforta AKASAKA May Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other	
	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL		
7:00															7:00	HOT Hot program
15															15	NEW New program
30															30	PAY Paid program
45															45	
8:00			Morning Yoga 8:00~8:50		Refresh conditioning 7:40~8:40										8:00	
15															15	
30															30	
45															45	
9:00															9:00	
15															15	
30															30	
45															45	
10:00															10:00	
15															15	
30	Low Impact Beginner 10:30~11:30	Aqua Walking 11:00~11:30	Vocarhythm 10:30~11:30	Pay Supersonic Wave Machine 10:30~11:20	Pelvic Yoga 10:20~11:20	Breast Stroke Beginner 10:30~11:00	Body & Mental Relax Yoga 10:30~11:30	Shape Up Walking 10:20~10:50	Body Care 10:15~11:15	Pay Supersonic Wave Machine 11:00~11:45	Shape Up Low Impact Pre-Intermediate 10:30~11:30	Yoga 10:15~11:15	Pay Supersonic Wave Machine 10:30~11:15		11:00	
45															15	
11:00															15	
15															15	
30															30	
45															45	
12:00	Yoga 11:45~12:45	Aquabics & Dumbbell shape up 11:40~12:25	Roller Relax 11:45~12:05	Shape Up Aqua 11:45~12:30	Low Impact Function improvement 11:30~12:20		Low Impact Beginner 11:40~12:20					Stretching 11:40~12:10	Shape Up Low Impact Pre-Intermediate 11:30~12:30		12:00	
15															15	
30															30	
45															45	
13:00															15	
15	Pilates 13:00~13:50	Swimming Advance Class Lesson 13:00~14:00		Personal Lesson 13:10~13:40	Function Improvement Exercise 12:30~13:15	Core Conditioning Aqua 12:40~13:10	Pilates 13:00~13:50					ZUMBA 12:20~13:20	Pilates 12:45~13:45	Aquabics45 13:00~13:45	13:00	
30															15	
45															30	
14:00	ZUMBA 14:00~14:50	Long Swim 30 14:05~14:35		Butterfly Stroke Beginner 13:50~14:20	Freestyle Basic 14:00~15:00	Crawl Stroke 14:00~14:30	Yoga 14:05~15:05	Swimming Advance Class Lesson 13:30~14:30				MOSSA/ Group Fight 13:35~14:20			14:00	
15															15	
30															30	
45															45	
15:00															15:00	
15	Pelvic stretch 15:00~16:00	Power Hydroaqua 15:00~15:30		Body Care 14:30~15:30	Street dance start 13:25~13:55	Aqua dances30 13:20~13:50									15	
30															30	
45															45	
16:00															16:00	
15															15	
30															30	
45															45	
17:00															17:00	
15															15	
30															30	
45															45	
18:00															18:00	
15															15	
30															30	
45															45	
19:00	VIPR30 19:00~19:30	Aquabics30 19:00~19:30		Yoga 18:30~19:30	Fin swim 18:50~19:20	Stretch-eze Trial 18:40~19:10	STEP Beginner 18:40~19:30								19:00	
15															15	
30															30	
45															45	
20:00	Low Impact Beginner 19:40~20:20	Power Hydroaqua 19:40~20:10													20:00	
15															15	
30															30	
45															45	
21:00	Aero jog Pre-Intermediate 20:30~21:30														21:00	
15															15	
30															30	
45															45	
22:00															22:00	
15															15	
30															30	
45															45	



Official Closing Day

5.12(Sun) Closing Day
 5.13(Mon) OPEN9:00/CLOSE20:00
 Shibuya
 4.26(Fri) OPEN7:00/CLOSE20:00
 4.27 (Sat)~4.29(Mon) Closing Day
 4.30(Tue) OPEN9:00/CLOSE20:00
 5.1(Wed)~5.6(Mon) OPEN7:00/CLOSE20:00
 Ichigaya
 2019.5.8(Wed) Closing Day
 Yokohama
 2019.4.28(Sun)~5.6(Mon) OPEN7:00/CLOSE20:00
 Shibuya *Ichigaya *
 Suidoubashi *Akasaka *
 Roppongi

esforta AKASAKA April Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other	
	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL		
7:00															7:00	HOT Hot program
15															15	NEW New program
30															30	PAY Paid program
45															45	
8:00															8:00	
15			Morning Yoga 8:00~8:50												15	
30														30		
45														45		
9:00														9:00		
15														15		
30														30		
45														45		
10:00														10:00		
15														15		
30														30		
45														45		
11:00	Low Impact Beginner 10:30~11:30	Aqua Walking 11:00~11:30	Vocarhythm 10:30~11:30	Pay Supersonic Wave Machine 10:30~11:20	Pelvic Yoga 10:20~11:20	Breast Stroke Beginner 10:30~11:00	Body&Mental Relax Yoga 10:30~11:30	Shape Up Walking 10:20~10:50	Body Care 10:15~11:15	Pay Supersonic Wave Machine 11:00~11:45	Shape Up Low Impact Pre-Intermediate 10:30~11:30	Yoga 10:15~11:15	Pay Supersonic Wave Machine 10:30~11:15	11:00		
15														15		
30														30		
45														45		
12:00	NEW Yoga 11:45~12:45	Aquabics & Dumbbell shape up 11:40~12:25	NEW Roller Relax 11:45~12:05	Shape Up Aqua 11:45~12:30	Low Impact Function improvement 11:30~12:20		Low Impact Beginner 11:40~12:20	Aquabics45 11:00~11:45	Wave ring 11:30~11:50	Pay Supersonic Wave Machine 11:00~11:45	Stretching 11:40~12:10	Shape Up Low Impact Pre-Intermediate 11:30~12:30		12:00		
15														15		
30														30		
45														45		
13:00	Pilates 13:00~13:50	PAY Swimming Advance Class Lesson 13:00~14:00		Personal Lesson 13:10~13:40	Function Improvement Exercise 12:30~13:15	Core Conditioning Aqua 12:40~13:10	Pilates 13:00~13:50				Power Hydroaqua 12:40~13:10	NEW ZUMBA 12:20~13:20			13:00	
15														15		
30														30		
45														45		
14:00	ZUMBA 14:00~14:50	Long Swim 30 14:05~14:35		Butterfly Stroke Beginner 13:50~14:20	Freestyle Basic 14:00~15:00	Crawl Stroke Beginner 14:15~14:45	NEW Yoga 14:05~15:05	Swimming Advance Class Lesson 13:30~14:30			Breast Stroke Beginner 14:00~14:30	MOSSA/ Group Fight 13:35~14:20		14:00		
15														15		
30														30		
45														45		
15:00	Pelvic stretch 15:00~16:00	Aqua Jump 15:00~15:30		Back Stroke Intermediate 14:30~15:00		Crawl Stroke Beginner 14:50~15:20					Back Stroke Beginner 14:40~15:10	Low Impact Beginner 14:30~15:30		15:00		
15														15		
30														30		
45														45		
16:00		Fin swim 15:40~16:10		Personal Lesson 15:10~17:00	NEW STEP Beginner 15:15~16:15		Beginners Studio dance 15:20~16:20				Long Swim 45 15:00~15:45	Hi-Lo Combo Pre-Intermediate 15:00~16:00		16:00		
15														15		
30														30		
45														45		
17:00														17:00		
15														15		
30														30		
45														45		
18:00														18:00		
15														15		
30														30		
45														45		
19:00	VIPR30 19:00~19:30	Aquabics30 19:00~19:30		Fin swim 18:45~19:15	UBOUND-Element 19:25~19:40	Butterfly Stroke Beginner 19:15~19:45	STEP Beginner 18:40~19:30	Core Conditioning Aqua 19:00~19:30			VIPR30 19:20~19:50			19:00		
15														15		
30														30		
45														45		
20:00	Low Impact Beginner 19:40~20:20	Power Hydroaqua 19:40~20:10	ZUMBA 19:40~20:30	Long Swim 45 19:30~20:15	UBOUND-Trial 19:45~20:15	Breast Stroke Intermediate 19:50~20:20	Pilates 19:40~20:10	Aqua dances30 19:40~20:10			NEW STRONG by ZUMBA 20:00~21:00			20:00		
15														15		
30														30		
45														45		
21:00	Aero jog Pre-Intermediate 20:30~21:30		UBOUND30 20:45~21:15		Hi-Lo Combo Intermediate 20:30~21:30	Aqua Jump 20:30~20:50	ZUMBA 20:20~21:20							21:00		
15														15		
30														30		
45														45		
22:00														22:00		
15														15		
30														30		
45														45		



Official Closing Day

4.6(Sat)/5.12(Sun)
Closing Day
5.13(Mon)
OPEN9:00/CLOSE20:00
Shibuya
4.26(Fri)
OPEN7:00/CLOSE20:00
4.27(Sat)~4.29(Mon)
closing Day
4.30(Tue)
OPEN9:00/CLOSE20:00
5.1(Wed)~5.6(Mon)
OPEN7:00/CLOSE20:00
Ichigaya
2019.4.7(Sun)
Closing Day
Suidoubashi*Akasaka
2019.4.8(Mon)
Closing Day
Roppongi
2019.5.8(Wed)
Closing Day
Yokohama
2019.4.28(Sun)~5.6(Mon)
OPEN7:00/CLOSE20:00
Shibuya*Ichigaya*
Suidoubashi*Akasaka*
Roppongi