

月 Monday 4. 11. 18. 25		火 Tuesday 5. 12. 19. 26		水 Wednesday 6. 13. 20. 27		木 Thursday 7. 14. 21. 28		金 Friday 1. 8. 15. 22	
STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM
7:00									
8:00		Studio Relaxation time 7:30~9:00		Yoga 7:50 ~ 8:50 Masuda		Yoga 7:50 ~ 8:50 Watanabe			
9:00	Low Impact Beginner 9:10 ~ 10:10 Ogawa			Technical Class -Low Impact Pre-Intermediate- 9:30 ~ 10:00 Chounan Capacity6		Technical Class -Low Impact Beginner- 9:50 ~ 10:20 Nagashima Capacity5		Body Care 9:10 ~ 10:10 Shibuya	
10:00	Yoga 10:30 ~ 11:15 Yuji	Technical Class -Mat Pilates- 10:10 ~ 10:40 Ogawa Capacity6		Shape Up Walk Pre-Intermediate 10:15 ~ 11:15 Chounan		Low Impact Beginner 10:30 ~ 11:30 Nagashima		Short Training 10:20 ~ 10:40 Sakurai	
11:00	Vocarhythm Premium voice 11:35 ~ 12:20 Tamazawa	Dumbbell Shape Up 10:55 ~ 11:55 Ogawa		Yoga 11:30 ~ 12:30 ERINA		Yoga 11:50 ~ 12:50 AI		Low Impact Biginner 10:50 ~ 11:50 Sakurai	
12:00	Mat Pilates 12:40 ~ 13:40 YUKO	Mat Pilates 12:10 ~ 13:10 Ogawa		UBOUND@ 12:50 ~ 13:35 Chounan Capacity15		Function Improvement Exercise 13:10 ~ 13:55 Sakurai		Yoga 12:00 ~ 13:00 Sakurai	
13:00	MOSSA Group Fight@ 14:00 ~ 15:00 EICHI	Low Impact Beginner 13:20 ~ 14:20 Chounan		MOSSA Group Centergy@ 13:55 ~ 14:40 SHIN		ZUMBA@ 14:15 ~ 15:05 Sakurai		UBOUND@ 13:20 ~ 14:05 MANA Capacity15	
14:00	Street Dance 15:20 ~ 16:20 Kitani	Pelris Total Care 14:30 ~ 15:15 Chounan		MOSSA Group Power@ 14:55 ~ 15:25 SHIN		Street Dance 15:25 ~ 16:25 Kitani		Low Impact Pre-Intermediate 14:25 ~ 15:25 Masui	
15:00	Technical Class -Street Dance Free- 16:30 ~ 17:00 Kitani Capacity6	ZUMBA@ 15:25 ~ 16:10 Shinmura		Ballet Beginner 15:40 ~ 16:40 Wakiko Endou		Technical Class-Low Impact- 15:35 ~ 16:05 Masui Capacity6			
16:00		Studio Relaxation time 16:30~17:30		Technical Class-Ballet - 16:50 ~ 17:20 Wakiko Endou Capacity6		UBOUND-Element- 17:45 ~ 18:00 Nakazato Capacity4		Technical Class-yoga- 17:35 ~ 18:05 Shino Capacity6	
17:00	Yoga 18:25 ~ 19:10 ERINA	Low Impact Beginner 18:00 ~ 18:30 Masui Capacity6		Yoga 18:20 ~ 19:20 Takaiwa		UBOUND@ 18:10 ~ 18:55 Nakazato Capacity15		Yoga 18:15 ~ 19:00 Shino	
18:00	TRX@ 18:55 ~ 19:15 Staff	Low Impact Beginner 18:40 ~ 19:20 Masui		MOSSA Group Fight@ 19:30 ~ 20:15 DAIKI		Yoga 19:10 ~ 20:00 Fukuda		Hi-Lo Combo Pre-Intermediate 19:10 ~ 20:10 Ueda	
19:00	Body Make 19:35 ~ 19:55 Masui	Body Make 19:35 ~ 19:55 Masui		WeeklyLesson MOSSA Group Power@ 20:30~21:15 or MOSSA 3D30@ 20:30~21:00 DAIKI Capacity10		TOP RIDE@ 20:20 ~ 21:05 Suzuki Capacity10		MOSSA@ Group Fight 20:20 ~ 21:20 Junpei	
20:00	ZUMBA@ 20:15 ~ 21:00 Kawakami	MOSSA Group Groove@ 20:10 ~ 20:55 HIDE				MOSSA 3D30@ 21:20 ~ 21:50 MOSSA Instructor Capacity10			
21:00	TOP RIDE@ 21:20 ~ 21:50 RADICAL Instructor Capacity10	Dance Aerobics 21:05 ~ 21:50 Takayama							
22:00									

	± Saturday 2. 9. 16. 23		日 Sunday 3. 10. 17. 24	
	STUDIO	GYM	STUDIO	GYM
7:00				
30				
8:00	Yoga 7:50 ~ 8:50 Noa		Yoga 7:50 ~ 8:50 Umeda	
30				
9:00	TOP RIDE® 9:15 ~ 9:45 Matsushima Capacity10		TOP RIDE® 9:15 ~ 10:00 RADICAL Instructor Capacity10	
10:00	Technical Class -Low Impact Beginner- 10:00 ~ 10:30 Chounan Capacity6		Yoga 10:20 ~ 11:20 Fukuda	
11:00	Low Impact Beginner 10:40 ~ 11:20 Chounan		ZUMBA® 11:40 ~ 12:25 Sara	TRX® 12:10 ~ 12:30 Staff
30	Dumbbell Shape Up 11:35 ~ 12:20 Chounan			
13:00	Hi-Lo Combo Pre-Intermediate 12:35 ~ 13:35 Iida		UBOUND® 12:45 ~ 13:30 MANA Capacity15	
30			Ultimate Marshall Workout 13:50 ~ 14:50 BRAFT Kaji Capacity10	
14:00	Yoga 13:55 ~ 14:55 Nagashima Izumi			
15:00	UBOUND® 15:15 ~ 16:00 Chounan Capacity15		Street Dance 15:10 ~ 16:10 oda-nobu	
30	ZUMBA® 16:20 ~ 17:20 Kawakami		MOSSA Group Fight® 16:30 ~ 17:15 junpei	
17:00	TOP RIDE® 17:40 ~ 18:25 Abe Capacity10		Latin Dance 17:35 ~ 18:35 Sasaki Luis	
18:00			Technical Class -Latin Dance- 18:45 ~ 19:15 Sasaki Luis Capacity6	
19:00				
30				
20:00				
30				

◆ Capacity  
STUDIO : 20  
TRX : 5

Please book a lesson from application.  
Reservations can only be made by the person.  
Reservations can be made 90 min before the program starts.



## December close day

**Shibuya**  
30th(Sat),31st(Sun)

**Ichigaya**  
30th(Sat),31st(Sun)

**Akasaka**  
30th(Sat),31st(Sun)

**Yokohama**  
30th(Sat),31st(Sun)

**Roppongi**  
30th(Sat),31st(Sun)



### Lesson Mark



This program provides lessons in extraordinary space using projected images.



Introduction of Heart rate Measurement System.  
Exercise intensity and calorie consumption can be checked at a glance.

### Program

Studio  
Relaxation  
Time  
×

While projecting images using projection mapping,  
Create a space where you can relax and rest.



※You can participate in other than training wear.



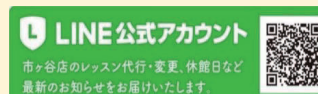
〒162-0845 SumitomoichigayaBuilding 1F, 1-1, Ichigayahonmura-choyo Shinjuku-Ku, Tokyo

TEL/03-3269-8799

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

Sat. 7:00am~21:00pm

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



月 Monday 13, 20, 27		火 Tuesday 7, 14, 21, 28,		水 Wednesday 1, 8, 15, 22, 29		木 Thursday 2, 9, 16, 30		金 Friday 10, 17, 24	
STUDIO		GYM		STUDIO		GYM		STUDIO	
7:00									
30									
8:00									
30									
9:00	Technical Class -Low Impact Beginner- 8:35 ~ 9:05 Ogawa Capacity6								
30									
10:00	Low Impact Beginner 9:25 ~ 10:10 Ogawa								
30									
11:00	Yoga 10:30 ~ 11:15 Yuji								
30									
12:00	Vocarhythm Premium voice 11:35 ~ 12:20 Tamazawa								
30									
13:00	Mat Pilates 12:40 ~ 13:40 YUKO								
30									
14:00	MOSSA Group Fight@ 14:00 ~ 15:00 EICHI								
30									
15:00									
30									
16:00	Street Dance 15:20 ~ 16:20 Kitani								
30									
17:00	Technical Class -Street Dance Free- 16:30 ~ 17:00 Kitani Capacity6								
30									
18:00									
30									
19:00	Yoga 18:25 ~ 19:10 ERINA								
30									
20:00	Low Impact Beginner 19:20 ~ 20:05 Minako Tabuchi								
30									
21:00	ZUMBA@ 20:15 ~ 21:00 Kawakami								
30									
22:00	TOP RIDE@ 21:20 ~ 21:50 RADICAL Instructor Capacity10								
30									

土 Saturday 7, 14, 21, 28		日 Sunday 1, 8, 15, 22, 29	
STUDIO	GYM	STUDIO	GYM
7:00			
8:00	Yoga 7:50 ~ 8:50 Noa	Yoga 7:50 ~ 8:50 Umeda	
9:00	TOP RIDE® 9:15 ~ 9:45 Matsushima Capacity10	TOP RIDE® 9:15 ~ 10:00 RADICAL Instructor Capacity10	
10:00	Technical Class -Low Impact Beginner- 10:00 ~ 10:30 Chounan Capacity6	Yoga 10:20 ~ 11:20 Fukuda	
11:00	Low Impact Beginner 10:40 ~ 11:20 Chounan	ZUMBA® 11:40 ~ 12:25 Sara	TRX® 12:10 ~ 12:30 Staff
12:00	Dumbbell Shape Up 11:35 ~ 12:20 Chounan	UBOUND® 12:45 ~ 13:30 MANA Capacity15	
13:00	Hi-Lo Combo Pre-Intermediate 12:35 ~ 13:35 Iida	Ultimate Marshall Workout 13:50 ~ 14:50 BRAFT Kaji Capacity10	
14:00	Yoga 13:55 ~ 14:55 Nagashima Izumi	Street Dance 15:10 ~ 16:10 oda-nobu	
15:00	UBOUND® 15:15 ~ 16:00 Chounan Capacity15	MOSSA Group Fight® 16:30 ~ 17:15 junpei	
16:00	ZUMBA® 16:20 ~ 17:20 Kawakami	Latin Dance 17:35 ~ 18:35 Sasaki Luis	
17:00	TOP RIDE® 17:40 ~ 18:25 Abe Capacity10	Technical Class -Latin Dance- 18:45 ~ 19:15 Sasaki Luis Capacity6	
18:00			
19:00			
20:00			

◆ Capacity  
STUDIO : 20  
TRX : 5

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## 11月休館日

渋谷

5日(日)

市ヶ谷

6日(月)

赤坂

9日(木)

横浜

8日(水)

六本木

8日(水)



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Time  
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