esforta ICHIGAYA May Program

	MON	TUE	WED	THU	FRI	SAT	SUN	
	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	
7:00								7:00
15								15
30	Yoga 7:30～8:20			HOT Yoga 7:30～8:20				30
45						HOT Morning Yoga 7:40～8:40		45
8:00							Morning Yoga 8:00～9:00	8:00
15								15
30								30
45				Pelvis adjustment 9:20～10:20	Body Care 9:20～10:20	Power Yoga 9:15～10:15		45
9:00							Tai Chi 9:20～10:20	9:00
15								15
30								30
45								45
10:00								10:00
15								15
30	Low Impact Beginner 10:30～11:30	Dumbbell Shape Up 10:30～11:30	Shape up Low Impact Pre-Intermediate 10:30～11:30	STEP Beginner 10:30～11:30	Low Impact Beginner 10:30～11:30	High Impact Beginner 10:30～11:30	Low Impact Beginner 10:30～11:30	30
45								45
11:00								11:00
15								15
30								30
45	Yoga 11:45～12:45	Mat Pilates 11:45～12:45	Monariza Exersice 11:45～12:45	Yoga 11:45～12:45	Yoga 11:45～12:45	Hi-Low Combo Intermediate 11:40～12:40	Yoga 11:40～12:40	45
12:00								12:00
15								15
30								30
45					Ballet Stretting 12:55～13:25			45
13:00	Mat Pilates 13:00～14:00	Low Impact Beginner 13:00～14:00	Ballet Stretting 13:00～13:30	Calisthenics lively 13:00～13:45		Dumbbell Shape 12:50～13:50	Hula Dance 13:00～14:00	13:00
15					Ballet Beginner 13:30～14:30			15
30			Ballet Pre-Imtermediate 13:35～14:35	ZUMBA 14:00～14:50				30
45								45
14:00	MOSSA/Group FIGHT 14:10～14:55	Pelvic Exercise & Lymph 14:10～15:10				Mat Pilates 14:00～14:50	Hi-Low Combo Pre-Imtermediate 14:10～15:10	14:00
15					Low Impact Pre-Intermediate 14:40～15:40			15
30			Mat Pilates 14:45～15:45	Wave Ring 15:00～15:20		Power Yoga 15:00～16:00		30
45	Wave Ring 15:05～15:25							45
15:00								15:00
15		Jazz Dance beginner 15:20～16:20		Street Dance 15:30～16:30			Street Dance Free Style 15:20～16:20	15
30						ZUMBA 16:10～17:10		30
45							MOSSA/Group FIGHT 16:30～17:15	45
16:00								16:00
15								15
30						Wave Ring 17:20～17:40		30
45							Aroma DE Roller Relax 17:30～17:50	45
17:00								17:00
15								15
30	HOT Mat Pilates 18:30～19:20	Low Impact Beginner 18:30～19:10	Yoga 18:30～19:20	Low Impact Beginner 18:30～19:30	HOT slow flow Yoga 18:30～19:30			30
45								45
18:00								18:00
15		Body Make 19:15～19:35						15
30	Low Impact Beginner 19:30～20:10			Petit Yoga 19:40～19:55		PAY Street Dance 18:55～19:55		30
45		Aroma Relax Yoga 19:45～20:35	Balletone 19:30～20:30		Hi-Low Combo Pre-Imtermediate 19:40～20:40			45
19:00				HOT Power Yoga 20:00～21:00				19:00
15								15
30						PAY Dance 20:00～21:00		30
45	ZUMBA 20:20～21:20	PARTY FUNK 20:45～21:45	MOSSA/Group FIGHT 20:40～21:40					45
20:00								20:00
15								15
30								30
45				MOSSA/Group FIGHT 21:10～21:55				45
21:00								21:00
15								15
30								30
45								45
22:00								22:00
15								15
30								30
45								45

Other

HOT Hot program

NEW New program

PAY Paid program

PAY

Street Dance ¥1,500

Dance ¥4,000～

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 ICHIGAYA April Program

	MON	TUE	WED	THU	FRI	SAT	SUN	
	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	
7:00								7:00
15								15
30	Yoga 7:30～8:20			HOT Yoga 7:30～8:20		HOT Morning Yoga 7:40～8:40		30
45								45
8:00							Morning Yoga 8:00～9:00	8:00
15								15
30								30
45				NEW Pelvis adjustment 9:20～10:20	Body Care 9:20～10:20	Power Yoga 9:15～10:15		45
9:00							Tai Chi 9:20～10:20	9:00
15								15
30								30
45								45
10:00								10:00
15								15
30	Low Impact Beginner 10:30～11:30	Dumbbell Shape Up 10:30～11:30	Shape up Low Impact Pre-Intermediate 10:30～11:30	STEP Beginner 10:30～11:30	Low Impact Beginner 10:30～11:30	High Impact Beginner 10:30～11:30	Low Impact Beginner 10:30～11:30	30
45								45
11:00								11:00
15								15
30								30
45	Yoga 11:45～12:45	Mat Pilates 11:45～12:45	Monariza Exersice 11:45～12:45	Yoga 11:45～12:45	Yoga 11:45～12:45	Hi-Low Combo Intermediate 11:40～12:40	Yoga 11:40～12:40	45
12:00								12:00
15								15
30								30
45					Ballet Stretting 12:55～13:25			45
13:00	Mat Pilates 13:00～14:00	Low Impact Beginner 13:00～14:00	Ballet Stretting 13:00～13:30	Calisthenics lively 13:00～13:45		Dumbbell Shape 12:50～13:50	Hula Dance 13:00～14:00	13:00
15					Ballet Beginner 13:30～14:30			15
30			Ballet Pre-Imtermediate 13:35～14:35	ZUMBA 14:00～14:50				30
45						Mat Pilates 14:00～14:50		45
14:00	MOSSA/Group FIGHT 14:10～14:55	Pelvic Exercise & Lymph 14:10～15:10					Hi-Low Combo Pre-Imtermediate 14:10～15:10	14:00
15					Low Impact Pre-Intermediate 14:40～15:40			15
30			Mat Pilates 14:45～15:45	Wave Ring 15:00～15:20		Power Yoga 15:00～16:00		30
45							Street Dance Free Style 15:20～16:20	45
15:00	Wave Ring 15:05～15:25	NEW Jazz Dance beginner 15:20～16:20		NEW Street Dance 15:30～16:30				15:00
15								15
30						ZUMBA 16:10～17:10	MOSSA/Group FIGHT 16:30～17:15	30
45								45
16:00								16:00
15								15
30						Wave Ring 17:20～17:40		30
45							Aroma DE Roller Relax 17:30～17:50	45
17:00								17:00
15								15
30								30
45								45
18:00								18:00
15								15
30	HOT Mat Pilates 18:30～19:20	Low Impact Beginner 18:30～19:10	Yoga 18:30～19:20	Low Impact Beginner 18:30～19:30	HOT slow flow Yoga 18:30～19:30			30
45								45
19:00						PAY Street Dance 18:55～19:55		19:00
15		Body Make 19:15～19:35						15
30	Low Impact Beginner 19:30～20:10		Balletone 19:30～20:30	Petit Yoga 19:40～19:55	Hi-Low Combo Pre-Imtermediate 19:40～20:40			30
45		Aroma Relax Yoga 19:45～20:35						45
20:00				HOT Power Yoga 20:00～21:00		PAY Dance 20:00～21:00		20:00
15								15
30								30
45	ZUMBA 20:20～21:20		MOSSA/Group FIGHT 20:40～21:40					45
21:00		PARTY FUNK 20:45～21:45						21:00
15								15
30				MOSSA/Group FIGHT 21:10～21:55				30
45								45
22:00								22:00
15								15
30								30
45								45

Other

HOT Hot program

NEW New program

PAY Paid program

PAY

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Dance ¥4,000～

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