◆Capacity
Studio/Pool : By store
※Classes with separate capacity limits
It is listed in each lesson frame.

May 3th(Sat) Holiday Programs

Shibuya

◆Capacity
Studio : 20
Pool(Stroke) : 10
Pool(Long distance) : 12
Pool(Aqua･Walking) : 16

STUDIO

- Yoga 7:30 ~ 8:20 Munemoto Shiori
- Shape up Lesson 8:40 ~ 9:10 Staff
- Hammock Exercise 9:30 ~ 10:30 YUCA (Capacity10)
- Yoga 11:00 ~ 12:00 Tetsuya
- Low Impact Beginner 12:20 ~ 13:05 Seko
- B to B 13:20 ~ 14:05 Hamada
- HIPHOP Start 14:15 ~ 14:45 Kitani
- HIPHOP 14:55 ~ 15:40 Kitani
- Flex Cushion Yoga 15:50 ~ 16:50 Watanabe Miho
- MOSSA Group Power® 17:05 ~ 17:50 Joe
- MOSSA Group Fight® 18:05 ~ 19:05 Rui

POOL

- Butterfly Intermediate 10:30 ~ 11:00 Kojima
- Individual Medley Intermediate 11:10 ~ 11:55 Kojima
- Functional Swim 12:05 ~ 12:35 Kojima
- Backstroke Beginner 12:45 ~ 13:15 Kojima
- Stretch Waking 13:30 ~ 14:00 Kuji
- Breaststorke Beginner 14:15 ~ 14:45 Kuji
- Swim with Fin Beginner 14:55 ~ 15:25 Kuji
- Aquabics 15:35 ~ 16:05 Nissy
- Aqua combat 16:15 ~ 16:45 Nissy (Capacity10)

Ichigaya

◆Capacity Studio : 20

STUDIO

- Yoga 7:40 ~ 8:40 Noa
- Pilates~Reformer~ 9:00 ~ 9:45 Shiraki Tomoko 【Small group】 Capacity6
- Technical Class-Low Impact Beginner- 10:05 ~ 10:35 Shinmura (Capacity6)
- Low Impact Beginner 10:45 ~ 11:25 Shinmura
- ZUMBA® 11:35 ~ 12:20 Shinmura
- Yoga 12:30 ~ 13:30 Nagashima Izumi
- Dumbbell Shape Up 13:45 ~ 14:45 Chounan
- UBOUND®-Element- 15:05 ~ 15:20 Chounan
- UBOUND® 15:20 ~ 16:05 Chounan (Capacity15)
- ZUMBA® 16:20 ~ 17:20 Kawakami
- TOP RIDE® 17:40 ~ 18:25 Radical Instructor (Capacity10)

Akasaka

◆Capacity
Studio : 21
Pool(Stroke) : 8
Pool(Long distance) : 10
Pool(Aqua･Walking) : 16

STUDIO

- Yoga 8:30 ~ 9:30 Tetsuya
- Shape up walk Pre-Intermediate 10:30 ~ 11:30 Matsuoka
- Conditioning Stretching 11:45 ~ 12:35 Matsuoka
- ZUMBA® 12:45 ~ 13:45 ANNA
- Release Conditioning 13:55 ~ 14:25 Staff
- Low Impact Beginner 14:40 ~ 15:40 Ogawa
- MOSSA Group Power® 15:55 ~ 16:40 YUMA
- MOSSA Group Fight® 16:55 ~ 17:40 YUMA

POOL

- Long-Distance Swimming Intermediate 9:30 ~ 10:00 Mitsuyasu
- Breast stroke Beginner 10:10 ~ 10:40 Mitsuyasu
- Aquabics 10:50 ~ 11:20 Tsujimoto
- Shape Up Walking 11:30 ~ 12:00 Tsujimoto
- Aquabics 12:10 ~ 12:40 Tsujimoto
- Crawl Introductory 14:40 ~ 15:10 Mori
- Back stroke Introductory 15:20 ~ 15:50 Mori
- Crawl Pre-Advanced 16:00 ~ 16:30 Mori
- Long-Distance Swimming Advanced 16:40 ~ 17:25 Mori

Yokohama

◆Capacity
Studio1 : 15
Studio2 : 10
Pool(Stroke) : 8
Pool(Other than Stroke) : 16

STUDIO 1

- Yoga 8:40 ~ 9:40 Yogainstructor
- Pervic Stretching 9:55 ~ 10:55 Fujiwara
- Scapula Yoga 11:10 ~ 12:10 Fujiwara
- BtoB 12:25 ~ 13:25 chihiro
- UBOUND® 13:40 ~ 14:40 Yonedu
- ZUMBA® 14:55 ~ 15:55 Kei
- Hi-Low Combo Pre-Intermediate 16:10 ~ 17:10 Sanjo
- MOSSA GroupBlast® 17:30 ~ 18:30 Tamaki Akira

STUDIO 2

- Jazz Dance Conditioninig 10:00 ~ 11:00 Matsumoto Yuka
- Dance Aerobics 11:15 ~ 12:15 Matsumoto Yuka
- Belly Dance intoroductory 12:30 ~ 13:30 Hoda
- Belly Dance 13:45 ~ 14:45 Hoda
- Yoga 15:00 ~ 16:00 YOKO
- Pilatis 16:15 ~ 17:15 YOKO

POOL

- Crawl introductory 10:40 ~ 11:10 Hosoi
- Butterfly stroke introductory 11:20 ~ 11:50 Hosoi
- Butterfly stroke introductory ~beginner class 13:40 ~ 14:40 Hosoi
- Aqua Combat 15:45 ~ 16:15 ★TAM★
- Aqua Dance 16:30 ~ 17:00 ★TAM★

Roppongi

◆Capacity
Studio : 15
Pool(Stroke) : 8
Pool(Other than Stroke) : 15

STUDIO

- Yoga 7:30 ~ 8:30 Maki
- Free Time 9:00 ~ 10:00
- Yoga 10:30 ~ 11:30 Yuji
- Ballet Beginner 11:50 ~ 12:50 Isihi
- PowerYoga 13:10 ~ 14:10 HINACO
- MOSSA Group Centergy® 14:30 ~ 15:15 ANNA.Y
- FIGHTDO® 15:30 ~ 16:15 Oguma
- RADICAL POWER® 16:30 ~ 17:15 Oguma
- OXIGENO® 17:30 ~ 18:15 ken
- KIMAX® 18:30 ~ 19:15 ken (Capacity10)

POOL

- Aqua Combat 10:30 ~ 11:00 ★TAM★
- Aqua Dance 11:10 ~ 11:40 ★TAM★
- Aqua Combat 11:50 ~ 12:20 ★TAM★
- Shape Up Walking 14:00 ~ 14:20 Tsujimoto
- Aquabics 14:30 ~ 15:00 Tsujimoto
- Back Stroke Beginner 16:50 ~ 17:20 Kojima
- Crawl Beginner 17:30 ~ 18:00 Kojima

※金額は税込表記となります（税率10%）

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◆Capacity
Studio/Pool : By store
※Classes with separate capacity limits
It is listed in each lesson frame.

May 4th(Sun) Holiday Programs

Shibuya

◆Capacity
Studio : 20
Pool(Stroke) : 10
Pool(Long distance) : 12
Pool(Aqua･Walking) : 16

STUDIO

- TRX 9:10 ~ 9:40 Staff — Capacity7
- Mat Pilates 10:00 ~ 11:00 Ogawa
- Low Impact Beginner 11:15 ~ 12:00 Ogawa
- MOSSA Group Centergy® 12:15 ~ 13:15 Saito
- Yoga 13:30 ~ 14:30 Saito
- Lesmills™ BODY PUMP 14:45 ~ 15:30 Watanabe Hikaru
- Lesmills™ BODY COMBAT 15:50 ~ 16:35 Watanabe Hikaru
- Hammock Exercise 16:55 ~ 17:55 Koto — Capacity10

POOL

- Swim Challenge 10:00 ~ 11:00 Iwaida — ¥1,100 (tax in)
- Backstroke Advanced 11:10 ~ 11:40 Iwaida
- Individual Medley Advanced 11:50 ~ 12:35 Iwaida
- Breaststorke Beginner 13:30 ~ 14:00 Yoshida
- Technical Class 14:10 ~ 14:30 Yoshida — Capacity5
- Board training 14:40 ~ 15:00 Staff — Capacity7
- Aqua Dance 15:15 ~ 15:45 ★TAM★
- Hydro shape 15:55 ~ 16:25 ★TAM★ — Capacity10

Ichigaya

◆Capacity Studio : 20

STUDIO

- Yoga 7:50 ~ 8:50 Umeda
- TOP RIDE® 9:10 ~ 9:40 Radical Instructor — Capacity10
- Yoga 10:05 ~ 11:05 Fukuda
- ZUMBA® 11:25 ~ 12:25 Satou Wataru
- UBOUND® 12:45 ~ 13:30 MANA — Capacity15
- BtoB 13:50 ~ 14:50 Yoshimura
- Street Dance 15:10 ~ 16:10 oda-nobu
- Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira — Capacity6
- MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira
- MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira — Capacity10

Akasaka

◆Capacity
Studio : 21
Pool(Stroke) : 8
Pool(Long distance) : 10
Pool(Aqua･Walking) : 16

STUDIO

- Pilates 8:00 ~ 9:00 Sato
- SPINEFITTER 9:20 ~ 9:50 Staff — Capacity10
- Yoga 10:00 ~ 11:00 Umeda
- Shape up walk Pre-Intermediate 11:10 ~ 12:10 Chounan
- Pilates 12:20 ~ 13:20 Yoshida
- SALSATION® 13:35 ~ 14:35 Kimie
- MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira
- UBOUND® 15:45 ~ 16:30 Chounan — Capacity15
- Yoga 16:45 ~ 17:45 Suzuki

POOL

- Aquatic Walking 10:00 ~ 10:30 Ota
- Crawl Beginner 10:40 ~ 11:10 Ota
- Butterfly Introductory 11:20 ~ 11:50 Ota
- Aqua Dance 13:00 ~ 13:45 ★TAM★

Yokohama

◆Capacity
Studio1 : 15
Studio2 : 10
Pool(Stroke) : 8
Pool(Other than Stroke) : 16

STUDIO 1

- LesMills™ BODYPUMP 10:00 ~ 11:00 Ota Soshi
- LesMills™ BODYATTACK 11:20 ~ 12:05 Ota Soshi
- Yoga 12:45 ~ 13:45 Misuzu
- Yoga 14:00 ~ 15:00 Misuzu
- Jazz Dance 15:15 ~ 16:15 KEIKO
- Yoga 16:40 ~ 17:40 Misuzu

STUDIO 2

- Yoga 9:45 ~ 10:45 MARI
- Strong Nation™ 11:15 ~ 12:15 Kenji — Capacity 8
- Contemporary Dance 12:30 ~ 13:45 KEIKO
- ZUMBA® 14:00 ~ 15:00 Chii
- BtoB 15:30 ~ 16:30 chihiro
- Strike Boxing 16:45 ~ 17:35 kaji

POOL

- Butterfly stroke beginner 10:10 ~ 10:40 Uchida
- Butterfly stroke intermediate 10:50 ~ 11:20 Uchida
- Crawl pre-intermediate class 11:30 ~ 12:30 Uchida
- Aquabics 13:35 ~ 14:05 Tsujimoto
- Shape Up Walking 14:15 ~ 14:30 Tsujimoto
- Aquabics 14:40 ~ 15:10 Tsujimoto

Roppongi

◆Capacity
Studio : 15
Pool(Stroke) : 8
Pool(Other than Stroke) : 15

STUDIO

- Free Time 7:30 ~ 10:00
- OXIGENO® 10:30 ~ 11:15 Tanaka
- X55® 11:25 ~ 12:10 Tanaka
- Technical Class~Street Dance~ 12:35 ~ 13:05 oda-nobu
- Street Dance 13:15 ~ 14:15 oda-nobu
- Ballet Beginner 14:30 ~ 15:30 Kurihara Kaine
- UBOUND® 15:45 ~ 16:30 RITO
- X55® 16:45 ~ 17:30 RITO
- Aroma yoga 17:45 ~ 18:45 Iguchi

POOL

- Aqua Mitt 10:00 ~ 10:30 Kinoshita
- Aquabics 10:40 ~ 11:10 Kinoshita
- Butterfly pre-Advanced 11:30 ~ 12:00 Osada
- Individual Medley Intermediate 12:10 ~ 12:40 Osada
- Aquabics 15:30 ~ 16:00 Komuro
- Bodymaking Aqua 16:10 ~ 16:40 Komuro

※金額は税込表記となります（税率10%）

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◆Capacity
Studio/Pool : By store
※Classes with separate capacity limits
It is listed in each lesson frame.

May 5th(Mon) Holiday Programs

Shibuya

◆Capacity
Studio : 20
Pool(Stroke) : 10
Pool(Long distance) : 12
Pool(Aqua･Walking) : 16

STUDIO	POOL
Yoga 7:30 ~ 8:20 Tetsuya	
Tai Chi 9:15 ~ 10:15 Yamamoto	
Yoga 10:30 ~ 11:30 Watanabe	Technical Class 11:00 ~ 11:30 JULI
UBOUND® 11:45 ~ 12:30 Kayama (Capacity14)	Long-Distance Swimming Beginner 11:45 ~ 12:45 JULI
Pilatis 12:45 ~ 13:45 Kumeda	Technical Class 12:55 ~ 13:25 JULI
	Swim with Fin Beginner 13:35 ~ 14:05 JULI
Yoga 14:00 ~ 15:00 Shino	
	Aquabics 15:00 ~ 15:30 Nissy
HOUSE Dance 15:20 ~ 16:20 Iuchi	Aqua combat 15:40 ~ 16:10 Nissy
K-POP Dance 16:35 ~ 17:35 ERIKA	

Ichigaya

◆Capacity Studio : 20

STUDIO
Yoga 7:50 ~ 8:50 Amina
Low Impact Beginner 9:05 ~ 10:05 Ogawa
Dumbbell Shape Up 10:20 ~ 11:20 Ogawa
Vocarhythm Premium voice 11:35 ~ 12:35 Tamazawa
ZUMBA® 12:50 ~ 13:50 Syu
MOSSA Group Fight® 14:10 ~ 15:10 EICHI
TOP RIDE® 15:35 ~ 16:20 Suzuki Yu (Capacity10)
Yoga 16:40 ~ 17:40 Kurihara Yuri
UBOUND® 18:00 ~ 18:45 Yonetsu (Capacity15)

Akasaka

◆Capacity
Studio : 21
Pool(Stroke) : 8
Pool(Long distance) : 10
Pool(Aqua･Walking) : 16

STUDIO	POOL
Yoga 8:30 ~ 9:30 Watanabe	
Hula Dance 10:00 ~ 11:00 comari	
Wayme 11:10 ~ 12:10 Hosho dai	Aquatic Walking 11:00 ~ 11:30 Yamamoto
	Swim with Fin Beginner 11:40 ~ 12:10 Yamamoto
MOSSA Group Power® 12:30 ~ 13:30 SHIN	Butterfly Introductory 12:20 ~ 12:50 Yamamoto
MOSSA Group Fight® 13:45 ~ 14:45 SHIN	
	Swim with Fin Intermediate 14:40 ~ 15:10 Wajiki
Yoga 15:00 ~ 16:00 SACHIKO	Back stroke Intermediate 15:20 ~ 15:50 Wajiki
Pilatis 16:10 ~ 17:10 SACHIKO	Long-Distance Swimming Advanced 16:00 ~ 16:30 Wajiki

Yokohama

◆Capacity
Studio1 : 15
Studio2 : 10
Pool(Stroke) : 8
Pool(Other than Stroke) : 16

STUDIO 1	STUDIO 2	POOL
	Salsa Shine 10:00 ~ 11:00 Tsutsumi	
Conditioninig Streching 10:45 ~ 11:15 Kuramochi Nanami		
Low Impact Beginner 11:30 ~ 12:15 Kuramochi Nanami	Salsa 11:15 ~ 12:15 Tsutsumi	
UBOUND® 12:45 ~ 13:30 Yonedu	Limph Streching 12:30 ~ 13:15 Tsutsumi	
ZUMBA® 13:45 ~ 14:45 Kei	Vocarhythm 13:45 ~ 14:45 Katayama	
Conditioninig Streching 15:15 ~ 15:45 mamiko	Pilatis 15:00 ~ 16:00 Katayama	
MOSSAGroupBlast® 16:30 ~ 17:30 Tamaki Akira	JAZZ FUNK 16:15 ~ 17:30 mamiko	
MOSSAGroupFight® 17:50 ~ 18:50 Tamaki Akira	Yoga 18:00 ~ 19:00 Fukuda	

Roppongi

◆Capacity
Studio : 15
Pool(Stroke) : 8
Pool(Other than Stroke) : 15

STUDIO	POOL
Spinefitter&Coretraining 10:00 ~ 10:30 Gymstaff	Aquatic walking 10:00 ~ 10:30 Inoue
FIGHTDO® 10:45 ~ 11:30 RITO	Aquabics 10:40 ~ 11:10 Inoue
MOSSA Group Centergy® 11:45 ~ 12:30 ANNA.Y	
Yoga 12:45 ~ 13:45 Imai	Back Stroke Beginner 12:30 ~ 13:00 Mita
	Brest Stroke Beginner 13:10 ~ 13:40 Mita
RADICAL POWER® 14:00 ~ 15:00 Kayama	
	Aqua Combat 15:00 ~ 15:30 ★SEN★
UBOUND® 15:20 ~ 16:20 Kayama	Aqua Dance 15:40 ~ 16:10 ★SEN★
Dance aerobics 16:40 ~ 17:40 Kuramochi Nanami	
ZUMBA® 18:00 ~ 19:00 Kuramochi Nanami	

※金額は税込表記となります（税率10%）

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◆Capacity
Studio/Pool : By store
※Classes with separate capacity limits
It is listed in each lesson frame.

May 6th(Tue) Holiday Programs

Shibuya

◆Capacity
Studio : 20
Pool(Stroke) : 10
Pool(Long distance) : 12
Pool(Aqua･Walking) : 16

STUDIO

- Power Yoga 9:00 ~ 9:45 Fukuda
- Aroma Stretching &Relaxation 10:00 ~ 11:00 Hiroshima
- Low Impact Pre-Intermediate 11:15 ~ 12:00 Matsumoto Yuka
- Jazz Dance 12:15 ~ 13:15 Matsumoto Yuka
- Nutrition Seminar 13:30 ~ 14:00 Takasawa
- Sintex®～Tone～ 14:15 ~ 15:15 Inoue Tokiko
- Burn G 15:35 ~ 16:35 Rina (Capacity8)
- Hammock Exercise 16:55 ~ 17:55 Rina (Capacity8)

POOL

- Hydro Conditioning 10:30 ~ 11:00 Endo
- Ai Chi 11:10 ~ 11:40 Endo
- Form Check 13:00 ~ 13:30 Wajiki
- Individual Medley Intermediate 13:40 ~ 14:25 Wajiki
- Crawl Breathing 14:40 ~ 15:10 Wajiki
- Long-Distance Swimming Beginner 15:20 ~ 15:50 Wajiki

Ichigaya

◆Capacity Studio : 20

STUDIO

close day

Akasaka

◆Capacity
Studio : 21
Pool(Stroke) : 8
Pool(Long distance) : 10
Pool(Aqua･Walking) : 16

STUDIO

- Yoga 8:30 ~ 9:30 Watanabe
- Vocarhythm 10:00 ~ 11:00 Mitarai
- STEP Warm up&Training 11:10 ~ 12:10 Matsuoka
- Pilatis 12:25 ~ 13:25 Matsuoka
- UBOUND® 13:40 ~ 14:25 Kayama
- RADICAL POWER® 14:40 ~ 15:40 Kayama
- ZUMBA® 15:50 ~ 16:50 Miki
- Yoga 17:00 ~ 18:00 Nagayasu

POOL

- Aquatic Walking 10:15 ~ 10:45 山本
- Original Aquabics 11:00 ~ 11:30 長南
- Mitt Aquabics 11:45 ~ 12:30 倉田
- Breast stroke Intermediate 14:00 ~ 14:30 森川
- Individual Medley Intermediate 14:40 ~ 15:10 森川

Yokohama

◆Capacity
Studio1 : 15
Studio2 : 10
Pool(Stroke) : 8
Pool(Other than Stroke) : 16

STUDIO 1

- Hula 9:30 ~ 10:30 Suzuki
- Yoga 10:45 ~ 11:45 Natuki
- Dance Fit 12:00 ~ 12:45 Meru
- RITMOS® 13:00 ~ 14:00 Meru
- ZUMBA® 14:15 ~ 15:15 Kimie
- MOSSAGroupFight® 16:15 ~ 17:00 Tsubasa
- MOSSAGroupCentergy® 17:15 ~ 18:15 Mastumoto Kaya

STUDIO 2

- Functional Improvement Exercises 10:00 ~ 10:30 Ogawa
- Low Impact Beginner 10:45 ~ 11:45 Ogawa
- Yoga 12:00 ~ 12:45 Natuki
- BtoB 13:00 ~ 14:00 Saito
- Pilatis 14:30 ~ 15:30 KEIKO
- Kenbiso 15:45 ~ 16:45 Fujiwara
- Pervic Stretching 17:00 ~ 18:00 Fujiwara

POOL

Roppongi

◆Capacity
Studio : 15
Pool(Stroke) : 8
Pool(Other than Stroke) : 15

STUDIO

- Morning yoga 10:00 ~ 11:00 Hatsune
- Pilatis 11:20 ~ 12:20 Fukushima Saori
- MOSSA Group Fight® 12:40 ~ 13:40 KAJI
- Aerobic Workout 14:00 ~ 15:00 Tanaka mai
- ZUMBA® 15:20 ~ 16:20 Kenji
- X55® 16:40 ~ 17:40 Ishizuka
- UBOUND® 18:00 ~ 19:00 Ishizuka

POOL

- TechnicalClass 11:00 ~ 11:30 Kojima (Capacity8)
- Crawl Pre-Intermediate 11:40 ~ 12:10 Kojima (Capacity8)
- Back Stroke Pre-Intermediate 12:20 ~ 12:50 Kojima
- Walk&jog 14:00 ~ 14:30 Furukawa
- Aquabics 14:40 ~ 15:10 Furukawa

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◆Capacity
Studio/Pool : By store
※Classes with separate capacity limits
It is listed in each lesson frame.

April 29th(Tue) Holiday Programs

Shibuya

◆Capacity
Studio : 20
Pool(Stroke) : 10
Pool(Long distance) : 12
Pool(Aqua･Walking) : 16

STUDIO

- Burn G — 7:55 ~ 8:40 Rina — Capacity8
- Yoga — 9:00 ~ 10:00 Fukuda
- Low Impact Beginner — 10:20 ~ 11:05 MatsumotoYuka
- Step Pre-Intermediate — 11:20 ~ 12:20 MatsumotoYuka
- Harmonythm — 12:35 ~ 13:35 Honma
- MOSSA GroupCentergy® — 13:50 ~ 14:50 Saitou
- X55® — 15:05 ~ 16:00 RITO
- UBOUND® — 16:20 ~ 17:20 RITO — Capacity14

POOL

- Aqualogic — 10:30 ~ 11:00 Endo
- Ai Chi — 11:10 ~ 11:40 Endo
- Technical Class — 12:00 ~ 13:00 Mori
- Swim with Fin Advanced — 13:10 ~ 13:55 Mori
- Technical Class — 14:15 ~ 14:45 Mori
- Individual Medley Beginner — 14:55 ~ 15:40 Mori

Ichigaya

◆Capacity Studio : 20

STUDIO

- Pilates~Reformer~ — 7:45 ~ 8:45 Yoshida Kaori — [Small Group] Capacity6
- TOP RIDE® — 9:10 ~ 9:55 Sawaki — Capacity10
- Technical Class-Mat Pilates- — 10:15 ~ 10:45 Ogawa — Capacity6
- Dumbbell Shape Up — 10:55 ~ 11:55 Ogawa
- Pelvis®Flow Dance — 12:05 ~ 13:05 Miyoshi
- Low Impact Beginner — 13:20 ~ 14:05 Chounan
- UBOUND® — 14:20 ~ 15:05 Chounan — Capacity15
- TOP RIDE® — 15:35 ~ 16:20 Suzuki Yu — Capacity10
- Yoga — 16:40 ~ 17:40 Shino
- Body Make — 17:50 ~ 18:10 Masui
- Low Impact Pre-Intermediate — 18:20 ~ 19:10 Masui

Akasaka

◆Capacity
Studio : 21
Pool(Stroke) : 8
Pool(Long distance) : 10
Pool(Aqua･Walking) : 16

STUDIO

- Yoga — 8:30 ~ 9:30 Watanabe
- Pilates — 10:00 ~ 11:00 Matsuoka
- STEP Warm up &Training — 11:10 ~ 12:10 Matsuoka
- UBOUND® — 12:25 ~ 13:10 Kayama
- RADICAL POWER® — 13:25 ~ 14:25 Kayama
- Body Care — 14:40 ~ 15:40 Shibuya
- MOSSA GroupFight® — 15:50 ~ 16:50 YUMA
- Yoga — 17:00 ~ 18:00 Suzuki

POOL

- Aquatic Walking — 10:15 ~ 10:45 Yamamoto
- Original Aquabics — 11:00 ~ 11:30 Chounan
- Mitt Aquabics — 11:45 ~ 12:15 Kurata
- Breast stroke Intermediate — 14:00 ~ 14:30 Mitsuyasu
- Individual Medley Intermediate — 14:40 ~ 15:10 Mitsuyasu

Yokohama

◆Capacity
Studio1 : 15
Studio2 : 10
Pool(Stroke) : 8
Pool(Other than Stroke) : 16

STUDIO 1

- Yoga — 10:30 ~ 11:30 Suzuki
- FIGHT DO® — 12:00 ~ 13:00 Morooka
- Strong Nation™ — 13:15 ~ 14:00 Kenji
- ZUMBA® — 14:15 ~ 15:15 Kenji
- MOSSA GroupPower® — 15:30 ~ 16:30 MOSSA Instructor
- MOSSA GroupFight® — 16:45 ~ 17:30 MOSSA Instructor
- Yoga — 17:45 ~ 18:45 Kawasaki Yumiko

STUDIO 2

- Belly Dance intoroductory — 10:25 ~ 11:25 Hoda
- Belly Dance — 11:40 ~ 12:40 Hoda
- BtoB — 12:55 ~ 13:55 Saito Yukari
- Pilatis — 14:15 ~ 15:15 KEIKO
- Jazz Dance — 15:30 ~ 16:30 KEIKO

POOL

- Butterfly stroke introductory — 9:20 ~ 9:50 Fujiwara
- Crawl introductory~beginner — 10:00 ~ 10:30 Fujiwara
- Back stroke beginner — 10:40 ~ 11:10 Fujiwara
- Butterfly stroke intermediate — 13:45 ~ 14:15 Uchida
- Crawl intermediate — 14:30 ~ 15:00 Uchida
- Aquabics — 15:15 ~ 15:45 Sekiguchi

Roppongi

◆Capacity
Studio : 15
Pool(Stroke) : 8
Pool(Other than Stroke) : 15

STUDIO

- Yoga — 10:00 ~ 11:00 KAYOKO
- X55® — 11:20 ~ 12:20 RITO
- UBOUND® — 12:40 ~ 13:40 RITO
- ZUMBA® — 14:00 ~ 15:00 Syu
- MEGADANZ® — 15:20 ~ 16:20 Syu
- FIGHT DO® — 16:40 ~ 17:40 REO
- Relax Yoga — 18:00 ~ 19:00 HINACO

POOL

- TechnicalClass — 11:00 ~ 11:30 Kojima
- Crawl Pre-Intermediate — 11:40 ~ 12:10 Kojima
- Back Stroke Pre-Intermediate — 12:20 ~ 12:50 Kojima
- Aquabics — 15:00 ~ 15:30 Inaba
- Shape Up Aquabics — 15:40 ~ 16:10 Inaba

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