esforta ROPPONGI May Program

	MON		TUE		WED		THU		FRI		SAT		SUN		
	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	
7:00															7:00
15	Morning Yoga 7:20〜8:10 MAYU		Morning Pilates 7:20〜8:10 Sakamoto Noriko		Morning Yoga 7:20〜8:10 Kishi		BodyArtTrainning 7:20〜8:10 Sano		Power Yoga 7:20〜8:10 FUMI						15
30															30
45															45
8:00															8:00
15															15
30															30
45															45
9:00															9:00
15															15
30															30
45															45
10:00						Walking In the Water 10:00〜10:30 Nisimura				Walking In the Water 10:00〜10:30 Nisimura	Pilates 10:00〜10:50 Sachi				10:00
15												PAY Swimming School Challenge Class 10:30〜11:300 Okonogi			15
30		Walking In the Water 10:30〜11:00 inoue				Aquabics 10:35〜11:05 Nisimura				Aquabics 10:35〜11:05 Nsimura			Wake Up Yoga 10:30〜11:30 Uezato	point Breathing 10:30〜11:00 hosoi	30
45															45
11:00	Pelvic Exercise 11:00〜12:00 Sakamoto Yoko	Aquabics 11:05〜11:35 inoue	Body making Pilates 11:00〜12:00 Aki	Crawl Stroke Beginner 11:00〜11:30 chiba	Yoga 11:00〜12:00 SACHIKO		Yoga 11:00〜12:00 Ishida Yui	Crawl Stroke Beginner 11:00〜11:30 hosoi	BodyArtTrainning 11:00〜12:00 Sano		Yoga 11:00〜12:00 Yuji				11:00
15														Crawl Stroke Beginner 11:10〜11:40 hosoi	15
30				Back Stroke Beginner 11:40〜12:10 chiba				Butterfly Stroke Beginner 11:40〜12:10 hosoi							30
45															45
12:00															12:00
15	Core cordinate 12:15〜12:45 Shiho		Low Impact Beginner 12:15〜12:55 Ueda		Pilates 12:10〜13:00 SACHIKO		FitBody Functional 12:10〜13:10 Kuroyanagi		Grid＆Release 12:10〜12:30 STAFF		Active streching 12:15〜12:45 Ishii		ZUMBA 11:40〜12:40 Kawakami		15
30									StreetDance/Start 12:40〜13:10 Aizawa						30
45	Ballet Beginner 12:55〜13:55 Shiho		Core Conditioning 13:10〜13:40 Ueda		Theater Dance 13:10〜14:10 Miyoshi			PAY Swimming School Biginner Class 13:00〜14:00 hosoi			Ballet Beginner 12:55〜13:55 Ishii		Low Impact Beginner 12:50〜13:30 Irikura		45
13:00							Dance Exercise 13:20〜14:20 MAKO		StreetDance/ Beginners 13:20〜14:20 Aizawa						13:00
15													Core Conditioning 13:40〜14:10 Irikura		15
30					Roller Relax 14:20〜14:35 STAFF							Hydro Aqua 14:00〜14:30 Tujimoto			30
45	MOSSA/Group Power 14:05〜14:50 Satoshi		Body Care 14:00〜15:00 Kanai	Aquabics 14:55〜15:25 inaba			Relax Yoga 14:30〜15:30 Tetsuya	Walking In the Water 14:30〜15:00 Nisimura	Body Care 14:30〜15:30 Shibuya		Power Yoga 14:10〜15:10 Nishijima	Aquabics 14:40〜15:10 Tujimoto	GRIT STRENGTH 14:25〜14:55 Ito		45
14:00														point hydro 14:20〜14:40 hosoi	14:00
15					Fitness HULA 14:45〜15:45 Kubota	PAY Swimming School Challenge Class 15:00〜16:00 Okonogi		Aquabics 15:10〜15:40 Nisimura		Aquabics 15:00〜15:30 Inoue			Grid＆Release 15:05〜15:25 Ito		15
30	Aroma Yoga 15:00〜16:00 momo	Crawl Stroke Beginner 15:00〜15:30 Hosoi	Yoga 15:15〜16:15 Natuki	Shape up 15:30〜16:00 inaba							MOSSA/Group Power 15:30〜16:30 Satoshi			Crawl Stroke Beginner 14:50〜15:20 hosoi	30
45		Breast Stroke Beginner 15:40〜16:10 Hosoi		PAY Swimming School Biginner Class 16:00〜17:00 Ito						Hydro Aqua 15:40〜16:10 Inoue			MOSSA/ Group Fight60 15:40〜16:40 NOBU		45
16:00										Crawl Stroke Beginner 16:20〜16:50 okonogi	GRIT Cardio 16:45〜17:15 Sakai	Breast Stroke Beginner 16:50〜17:20 okonogi		Aquabics 16:30〜17:00 komuro	16:00
15															15
30										Back Stroke Beginner 17:00〜17:30 okonogi				Point target 17:10〜17:30 komuro	30
45												Swim8 17:30〜18:00 okonogi	Aroma Yoga 17:00〜18:00 Iguchi		45
17:00											Strike Boxing 17:30〜18:20 BRAFT Okuda				17:00
15															15
30															30
45															45
18:00															18:00
15															15
30															30
45	GRIT Plyo 18:45〜19:15 Ito		Belly Dance 18:45〜19:30 RUI			Walking In the Water 18:50〜19:20 Inoue		Crawl Stroke Beginner 18:40〜19:10 Ito							45
19:00					Aroma Yoga 19:00〜20:00 Iguchi		MOSSA/ Group POWER60 19:20〜20:20 Satoshi		Roller Relax 19:10〜19:30 Koyano						19:00
15															15
30	vinyasa Yoga 19:30〜20:30 Tetsuya	Crawl Stroke Beginner Intermediate 19:30〜20:00 hosoi				Aquabics 19:25〜19:55 Inoue		Aquabics 19:25〜19:55 Ito	MOSSA/ Group Fight45 19:45〜20:30 Satoshi						30
45			Balleton 19:40〜20:40 Shiho			PAY Swimming School triathlon 20:00〜21:00 kubono									45
20:00		Long Swim 20:10〜20:40 hosoi		HIIT AQ 20:00〜20:20 Ito	Pilates For Dancers 20:10〜20:40 chelcy										20:00
15							Power Yoga 20:30〜21:30 NOB		ZUMBA 20:40〜21:30 Yoneyama						15
30	PARTY FUNK 20:45〜21:45 CHIZU		MOSSA/ GroupFight60 20:50〜21:50 NOBU		ZUMBA 20:50〜21:50 Chelcy	PAY Private Lesson 21:15〜22:15 kubono									30
45															45
21:00															21:00
15							Release Yoga 21:40〜22:10 NOB								15
30															30
45															45
22:00															22:00
15															15
30															30
45															45

Other

NEW New program

PAY Paid program

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 ROPPONGI April Program

MON

STUDIO

- 7:15 Morning Yoga 7:20〜8:10 MAYU
- 11:00 Pelvic Exercise 11:00〜12:00 Sakamoto Yoko
- 12:15 Core cordinate 12:15〜12:45 Shiho
- 12:55 Ballet Beginner 12:55〜13:55 Shiho
- 14:05 MOSSA/Group Power 14:05〜14:50 Satoshi
- 15:00 Aroma Yoga 15:00〜16:00 momo
- 18:45 GRIT Plyo 18:45〜19:15 Ito
- 19:30 vinyasa Yoga 19:30〜20:30 Tetsuya
- 20:45 PARTY FUNK 20:45〜21:45 CHIZU

POOL

- 10:30 Walking In the Water 10:30〜11:00 inoue
- 11:05 Aquabics 11:05〜11:35 inoue
- 15:00 Crawl Stroke Beginner 15:00〜15:30 Hosoi
- 15:40 Breast Stroke Beginner 15:40〜16:10 Hosoi
- 19:30 Crawl Stroke Beginner Intermediate 19:30〜20:00 hosoi
- 20:10 Long Swim 20:10〜20:40 hosoi

TUE

STUDIO

- 7:20 Morning Pilates 7:20〜8:10 Sakamoto Noriko
- 11:00 Body making Pilates 11:00〜12:00 Aki
- 12:15 Low Impact Beginner 12:15〜12:55 Ueda
- 13:10 Core Conditioning 13:10〜13:40 Ueda
- NEW 14:00 Body Care 14:00〜15:00 Kanai
- 15:15 Yoga 15:15〜16:15 Natuki
- 18:45 Belly Dance 18:45〜19:30 RUI
- 19:40 Balleton 19:40〜20:40 Shiho
- NEW 20:50 MOSSA/ GroupFight60 20:50〜21:50 NOBU

POOL

- 11:00 Crawl Stroke Beginner 11:00〜11:30 chiba
- 11:40 Back Stroke Beginner 11:40〜12:10 chiba
- NEW 14:30 Aquabics 14:30〜15:00 inaba
- NEW 15:10 Shape up 15:10〜15:40 inaba
- PAY 16:00 Swimming School Biginner Class 16:00〜17:00 Ito
- 19:00 HIIT AQ 20:00〜20:20 Ito

WED

STUDIO

- 7:20 Morning Yoga 7:20〜8:10 Kishi
- 11:00 Yoga 11:00〜12:00 SACHIKO
- 12:10 Pilates 12:10〜13:00 SACHIKO
- NEW 13:10 Theater Dance 13:10〜14:10 Miyoshi
- 14:20 Roller Relax 14:20〜14:35 STAFF
- 14:45 Fitness HULA 14:45〜15:45 Kubota
- 19:00 Aroma Yoga 19:00〜20:00 Iguchi
- 20:10 Pilates For Dancers 20:10〜20:40 chelcy
- 20:50 ZUMBA 20:50〜21:50 Chelcy

POOL

- 10:00 Walking In the Water 10:00〜10:30 Nisimura
- 10:35 Aquabics 10:35〜11:05 Nisimura
- PAY 15:00 Swimming School Challenge Class 15:00〜16:00 Okonogi
- 18:50 Walking In the Water 18:50〜19:20 Inoue
- 19:25 Aquabics 19:25〜19:55 Inoue
- PAY 20:00 Swimming School triathlon 20:00〜21:00 kubono
- PAY 21:15 Private Lesson 21:15〜22:15 kubono

THU

STUDIO

- NEW 7:20 BodyArtTrainning 7:20〜8:10 Sano
- 11:00 Yoga 11:00〜12:00 Ishida Yui
- NEW 12:10 FitBody Functional 12:10〜13:10 Kuroyanagi
- 13:20 Dance Exercise 13:20〜14:20 MAKO
- 14:30 Relax Yoga 14:30〜15:30 Tetsuya
- NEW 19:20 MOSSA/ Group POWER60 19:20〜20:20 Satoshi
- 20:30 Power Yoga 20:30〜21:30 NOB
- 21:40 Release Yoga 21:40〜22:10 NOB

POOL

- 11:00 Crawl Stroke Beginner 11:00〜11:30 hosoi
- 11:40 Butterfly Stroke Beginner 11:40〜12:10 hosoi
- PAY 13:00 Swimming School Biginner Class 13:00〜14:00 hosoi
- NEW 14:30 Walking In the Water 14:30〜15:00 Nisimura
- NEW 15:10 Aquabics 15:10〜15:40 Nisimura
- 18:40 Crawl Stroke Beginner 18:40〜19:10 Ito
- 19:25 Aquabics 19:25〜19:55 Ito

FRI

STUDIO

- NEW 7:20 Power Yoga 7:20〜8:10 FUMI
- NEW 11:00 BodyArtTrainning 11:00〜12:00 Sano
- 12:10 Grid＆Release 12:10〜12:30 STAFF
- 12:40 StreetDance/Start 12:40〜13:10 Aizawa
- 13:20 StreetDance/ Beginners 13:20〜14:20 Aizawa
- 14:30 Body Care 14:30〜15:30 Shibuya
- 19:10 Roller Relax 19:10〜19:30 Koyano
- 19:45 MOSSA/ Group Fight45 19:45〜20:30 Satoshi
- 20:40 ZUMBA 20:40〜21:30 Yoneyama

POOL

- 10:00 Walking In the Water 10:00〜10:30 Nisimura
- 10:35 Aquabics 10:35〜11:05 Nsimura
- 15:00 Aquabics 15:00〜15:30 Inoue
- 15:40 Hydro Aqua 15:40〜16:10 Inoue
- NEW 16:20 Crawl Stroke Beginner 16:20〜16:50 okonogi
- NEW 17:00 Back Stroke Beginner 17:00〜17:30 okonogi

SAT

STUDIO

- 10:00 Pilates 10:00〜10:50 Sachi
- 11:00 Yoga 11:00〜12:00 Yuji
- 12:15 Active streching 12:15〜12:45 Ishii
- 12:55 Ballet Beginner 12:55〜13:55 Ishii
- 14:10 Power Yoga 14:10〜15:10 Nishijima
- 15:30 MOSSA/Group Power 15:30〜16:30 Satoshi
- 16:45 GRIT Cardio 16:45〜17:15 Sakai
- 17:30 Strike Boxing 17:30〜18:20 BRAFT Okuda

POOL

- PAY 10:30 Swimming School Challenge Class 10:30〜11:300 Okonogi
- 14:00 Hydro Aqua 14:00〜14:30 Tujimoto
- 14:40 Aquabics 14:40〜15:10 Tujimoto
- 16:50 Breast Stroke Beginner 16:50〜17:20 okonogi
- 17:30 Swim8 17:30〜18:00 okonogi

SUN

STUDIO

- 10:30 Wake Up Yoga 10:30〜11:30 Uezato
- 11:40 ZUMBA 11:40〜12:40 Kawakami
- 12:50 Low Impact Beginner 12:50〜13:30 Irikura
- 13:40 Core Conditioning 13:40〜14:10 Irikura
- 14:25 GRIT STRENGTH 14:25〜14:55 Ito
- 15:05 Grid＆Release 15:05〜15:25 Ito
- 15:40 MOSSA/ Group Fight60 15:40〜16:40 NOBU
- 17:00 Aroma Yoga 17:00〜18:00 Iguchi

POOL

- 10:30 point Breathing 10:30〜11:00 hosoi
- 11:10 Crawl Stroke Beginner 11:10〜11:40 hosoi
- NEW 14:20 point hydro 14:20〜14:40 hosoi
- NEW 14:50 Crawl Stroke Beginner 14:50〜15:20 hosoi
- 16:30 Aquabics 16:30〜17:00 komuro
- 17:10 Point target 17:10〜17:30 komuro

Other

NEW New program

PAY Paid program

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