

esforta SHIBUYA 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
15															15
30															30
45	7:30~8:20 Yoga<50>							7:30~8:20 Yoga<50>		7:30~8:20 Yoga<50>					45
8:00															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															30
45															45
11:00	Flex cushion Yoga 10:30~11:30	Hydro Basic 10:30~11:00	Mat Pilates 10:30~11:30	Aquabics30 10:30~11:00	Aroma Stretching &Relaxation 10:30~11:30	Individual medley 10:40~11:40	Pelvic Exercise 10:30~11:30		Yoga 10:00~11:00	Hydro Basic 10:30~11:00	Antigravity 9:20~10:20	Walking 9:30~9:50	Pilates Stretching 10:00~11:00	Crawl Stroke 10:00~10:30	11:00
15															15
30															30
45															45
12:00	Mat Pilates 11:40~12:40	Challenge Class 11:10~12:10	Low impact Beginner <40> 11:40~12:20	Shapeup walking 11:05~11:25	Hula Dance 11:40~12:40	start&tarn 11:50~12:20	Stretch-eze trial 11:45~12:15		Vocalism 11:10~12:10	Walking30 11:10~11:40	Mat Pilates 11:10~12:10	Butterfly Beginner 11:10~11:40	Low impact Beginner 11:10~12:10	Private Lesson 11:15~13:00	12:00
15															15
30															30
45															45
13:00	Low impact Beginner <40> 12:55~13:35	Masters Class 12:20~13:20	Aroma Stretching &Relaxation 12:30~13:30	Beginner Class 12:00~13:00	Advanced Class 12:30~13:30	RITMOS 12:30~13:30									13:00
15															15
30															30
45															45
14:00	Yoga 13:45~14:30	Butterfly Advanced 13:25~13:55	MOSSA/GROUP POWER 13:45~14:15	Long Swim45 13:15~14:00	Yoga 12:50~13:50	Breast Stroke Beginner 13:40~14:10	Back Stroke Beginner 14:20~14:50								14:00
15															15
30															30
45															45
15:00	Street Dance Beginner 14:40~15:10	Butterfly Beginner 14:10~14:40	Nutrition Seminar Foundation lesson 14:30~15:00	Breast stroke Intermediate 14:15~15:00	ZUMBA 14:30~15:30	Private Lesson 15:00~16:00	Balletone<40> 15:20~16:00								15:00
15															15
30															30
45															45
16:00	HOUSE 15:15~16:15	Private Lesson 15:30~16:30	Hi-Lo ComboFirst Intermediate 15:40~16:30	Private Lesson 15:15~16:15	Antigravity 15:50~16:50	Private Lesson 15:00~16:00	Balletone<40> 15:20~16:00								16:00
15															15
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45															45
17:00															17:00
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18:00															18:00
15															15
30															30
45															45
19:00	Latin Dance 18:30~19:30	Breast stroke Beginner 19:00~19:30	Antigravity 18:00~19:00	crawl Beginner 19:00~19:30	Pelvic Exercise 18:30~19:30	Boad Training 19:10~19:30	Low impact First Intermediate<50> 18:30~19:20								19:00
15															15
30															30
45															45
20:00	ViPR 19:45~20:45	Long Swim30 19:40~20:10	Antigravity 19:20~20:20	Aqua Dance 19:40~20:25	Low impact First Intermediate<50> 19:40~20:30	Crawl Beginner 19:40~20:10	Yoga 19:30~20:30								20:00
15															15
30															30
45															45
21:00	Pelvic Power Exercise 20:30~21:30	Masters 20:20~20:50	ZUMBA 20:40~21:40	MOSSA/ GROUP FIGHT 20:40~21:40	MOSSA/ GROUP FIGHT 20:40~21:40	MOSSA/ GROUP POWER 20:45~21:45									21:00
15															15
30															30
45															45
22:00															22:00
15															15
30															30
45															45

NEW New program
PAY Paid program
C Capacity

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