

月 Monday 4, 11, 25		火 Tuesday 5, 12, 19, 26		水 Wednesday 6, 13, 20, 27		木 Thursday 14, 21, 28		金 Friday 1, 8, 15, 22, 29	
POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL
7:00									
30									
8:00	Yoga 7:45 ~ 8:30 Tetsuya	Morning Yoga 7:45 ~ 8:30 Masuda				Flex Cushion Yoga 7:45 ~ 8:30 Watanabe			
30									
9:00									
30									
10:00	Health Exercise 10:25 ~ 10:55 Staff	Pre-Intermediate class 10:00 ~ 11:00 Tanaka	Flex Cushion stretch 10:15 ~ 10:35 Staff		Yoga 10:05 ~ 10:50 Nonoko		Hydro Training 10:15 ~ 10:45 Inoue Capacity15	Yoga 9:45 ~ 10:30 Chounan	
30		three times						Conditioning stretching 10:45 ~ 11:00 Chounan	
11:00	Stretch Walking 11:15 ~ 11:45 Kuji		Aqua Stretch 10:45 ~ 11:05 Chounan	Original Aquabics 11:15 ~ 11:45 Chounan	Health Exercise 11:10 ~ 11:55 Ueda	Crawl stroke Intermediate 11:15 ~ 12:00 Kojima	Aquabics 11:00 ~ 11:30 Inoue	Aquatic Walking 11:05 ~ 11:35 Chounan	
30								Conditioning 11:45 ~ 12:00 ★SEN★	
12:00	Crawl stroke Introductory 12:00 ~ 12:30 Kuji	Pilates 12:00 ~ 12:45 Tanabe		Breast stroke Intermediate 12:45 ~ 13:15 Tsutsui		Swim with Fin Advanced 12:10 ~ 12:40 Kojima	Swim with Fin advanced 11:45 ~ 12:15 Tanaka	Aquabics 12:05 ~ 12:35 ★SEN★	
30							Roller Relax 12:10 ~ 12:30 Staff	Breast stroke Intermediate 12:25 ~ 12:55 Tanaka	
13:00	Conditioning 13:00 ~ 13:15 Inoue	Relax yoga 13:05 ~ 13:50 Nonoko		Swim Challenge 13:25 ~ 13:55 Tsutsui		Butterfly stroke Advanced 12:50 ~ 13:20 Kojima	Body Care 12:50 ~ 13:35 Morita	Butterfly stroke Beginner 12:45 ~ 13:15 JULI	
30	Shape Up Aquabics 13:20 ~ 13:50 Inoue							Yoga 13:15 ~ 14:00 Umeda	Back stroke Intermediate 13:25 ~ 13:55 JULI
14:00	Butterfly stroke Beginner 14:00 ~ 14:30 Tanaka					Stretch Walking 13:40 ~ 14:10 Yamada			
30									
15:00	Pilates 14:45 ~ 15:30 AKI	Back stroke Intermediate 14:45 ~ 15:30 Tanaka		Shape Up Walking 14:30 ~ 15:00 Satou	Pilates 14:30 ~ 15:15 Satou	Back stroke Beginner 14:20 ~ 14:50 Yamada		Aqua dance 14:15 ~ 14:45 Niino	Pelvic stretching 14:30 ~ 15:15 Sakamoto
30				Hydro Training 15:10 ~ 15:40 Satou Capacity15		Variety Swim 15:00 ~ 15:30 Yamada			Pelvic stretching 15:30 ~ 16:15 Sakamoto
16:00	Yoga 16:00 ~ 16:45 Umeda								
30									
17:00									
30	Pelvic stretching 17:30 ~ 18:15 Sakamoto								
18:00									Skill-up swimming 18:00 ~ 18:45 Tsutsui Capacity4
30									
19:00	Core Cordinate 18:30 ~ 19:15 Sakamoto	Crawl stroke Intermediate 18:30 ~ 19:00 Satou	Waist Shape 18:30 ~ 18:50 Staff	Butterfly stroke Intermediate 18:30 ~ 19:00 Sioya	Total Body Shape 18:20 ~ 18:50 Staff	Breast stroke Beginner 18:30 ~ 19:00 Tsutsui	Waist Shape 18:20 ~ 18:40 Staff	Postural improvement swim 18:45 ~ 19:15 Kojima	
30									
19:00		Variety Swim 19:10 ~ 19:40 Satou		Swim Challenge 19:10 ~ 19:40 Sioya	Flex Cushion stretch 19:05 ~ 19:25 Staff	Swim with Fin advanced 19:10 ~ 19:40 Tsutsui	Yoga 19:00 ~ 19:45 Saito	Crawl stroke Beginner 19:25 ~ 19:55 Kojima	
30									
20:00	Yoga 20:00 ~ 20:45 Saito			Back stroke Beginner 19:50 ~ 20:20 Sioya		Conditioning 19:50 ~ 20:05 ★KAORI★		Long-Distance Swimming 20:05 ~ 20:50 Kojima	
30									
21:00									
30									
21:00		Pilates 20:45 ~ 21:30 Terada						One Point Swim 21:00 ~ 21:30 Kojima	
30									
22:00									
30									
23:00									

± Saturday 2, 9, 16, 23, 30		日 Sunday 3, 10, 17, 24, 31	
POOLSIDE	POOL	POOLSIDE	POOL
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			
10:00	Relax Yoga 10:05 ~ 10:50 Narimatsu	Breast stroke Beginner 10:00 ~ 10:30 Yamada	Aquabics 10:00 ~ 10:45 ★TAM★
10:30			
11:00	Body Care 11:15 ~ 12:00 Morita	Butterfly stroke Intermediate 10:45 ~ 11:30 Mori	Yoga 11:00 ~ 11:45 Saito
11:30			Breast stroke Intermediate 11:00 ~ 11:45 Hitomin
12:00		Swim with Fin beginner 11:40 ~ 12:10 Mori	Wave Stretching 12:05 ~ 12:25 Staff
12:30			Crawl stroke Beginner 12:00 ~ 12:30 Hitomin
13:00			
13:30		Aquabics 13:00 ~ 13:45 Kuji	Yoga 12:45 ~ 13:30 mika
14:00	ViPR Workout 14:00 ~ 14:20 Staff	Back stroke Beginner 14:00 ~ 14:45 Kuji	Total Body Shape 14:00 ~ 14:30 Staff
14:30			Back stroke Intermediate 14:00 ~ 14:45 Tanaka
15:00		Swim with Fin beginner 15:00 ~ 15:30 Yamada	Swim with Fin advanced 14:55 ~ 15:25 Tanaka
15:30	Grid & Stretch 15:30 ~ 15:50 Staff		Flex Cushion Yoga 15:00 ~ 15:45 Watanabe
16:00	Waist Shape 16:10 ~ 16:30 Staff		
16:30		Master's swim 16:30 ~ 17:30 Tsutsui	Flex Cushion Yoga 16:05 ~ 16:50 Watanabe
17:00		Capacity12	
17:30	Yoga 17:45 ~ 18:30 Narimatsu		
18:00			
18:30			
19:00			



July close day

Shibuya 5th(Tue)	Ichigaya 6th(Wed)	Akasaka 3rd(Sun)
Suidobashi 7th(Thu)	Yokohama 8th(Fri)	Roppongi 8th(Fri)

Pay Program

Swimming School

Capacity 8 people maximum.
Price :
2times /month ¥2,640tax in
3times /month ¥3,960tax in
4times /month ¥5,280tax in
5times /month ¥6,600tax in

Capactiy8 member
※The number of holdings changes every month.
Please confirm at the front desk.

Day of the week	Time	Instructor	Class
Mon	10:00~11:00	Tanaka	Pre-Intermediate

Swimming lesson

Fri : Skill-up swimming
Capacity 4 people maximum.
Price : ¥1,650tax in/45min

Sat : Masters Swimming
Capacity 12 people maximum.
Price : ¥1,100tax in/60min

※After filling in the ledger, please pay at the front desk.
※On Saturday We use 2 courses with 6 or more participants.

Day of the week	Time	Instructor	Class
Fri	18:00~18:45	Tsutsui	Skill-up Swimming
Sat	16:30~17:30	Tsutsui	Masters Swimming

◆Capacity
POOL SIDE : 8
POOL (swim) : 8
POOL (other) : 16

Please book a lesson from application.
 Reservations can only be made by the person.
 Reservations can be made 3 hours before the program starts.

ésforta SUIDOBASHI
 〒101-0064 Sumitomo Fudosan Sarugaku-cho Building B1F, 2-8-8, Kandasarugaku-cho, Chiyoda-Ku, Tokyo
 TEL/03-3292-0911

'Opening hours
 Mon.-Fri. 7:00am~23:00pm
 Sat. 7:00am~21:00pm
 Sun. and holiday. 7:00am~20:00pm

LINE 公式アカウント
 水道橋店のレッスン代行・変更、休館日など最新のお知らせをお届けいたします。

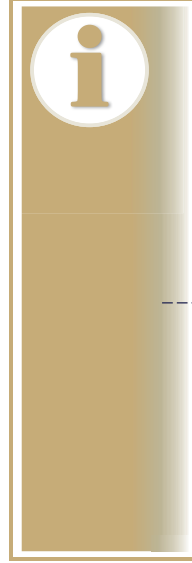
住友不動産グループのインテリア部門
住友不動産リスコ
 国内外有名メーカーのインテリアアイテムを
 ご優待価格でご提供いたします

月 Monday 6, 13, 20, 27		火 Tuesday 14, 21, 28		水 Wednesday 1, 8, 15, 22, 29		木 Thursday 2, 9, 16, 23, 30		金 Friday 3, 10, 17, 24	
POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL
7:00									
30									
8:00	Yoga 7:45 ~ 8:30 Tetsuya	Morning Yoga 7:45 ~ 8:30 Masuda				Flex Cushion Yoga 7:45 ~ 8:30 Watanabe			
30									
9:00									
30									
10:00								Yoga 9:45 ~ 10:30 Chounan	
30	Health Exercise 10:25 ~ 10:55 Staff	Pre-Intermediate class 10:00 ~ 11:00 Tanaka	Flex Cushion stretch 10:15 ~ 10:35 Staff		Yoga 10:05 ~ 10:50 Nonoko		Hydro Training 10:15 ~ 10:45 Inoue Capacity15	Conditioning stretching 10:45 ~ 11:00 Chounan	
11:00		four times					Aquabics 11:00 ~ 11:30 Inoue		Aquatic Walking 11:05 ~ 11:35 Chounan
30		Stretch Walking 11:15 ~ 11:45 Kuji		Health Exercise 11:10 ~ 11:55 Ueda	Breast stroke Intermediate 11:15 ~ 12:00 Kojima		Swim with Fin advanced 11:45 ~ 12:15 Tanaka	Conditioning 11:45 ~ 12:00 ★SEN★	
12:00		Crawl stroke Introductory 12:00 ~ 12:30 Kuji	Pilates 12:00 ~ 12:45 Tanabe		Swim with Fin Advanced 12:10 ~ 12:40 Kojima	Roller Relax 12:10 ~ 12:30 Staff	Back stroke Intermediate 12:25 ~ 12:55 Tanaka		Aquabics 12:05 ~ 12:35 ★SEN★
30									Crawl stroke Beginner 12:45 ~ 13:15 JULI
13:00		Conditioning 13:00 ~ 13:15 Inoue	Relax yoga 13:05 ~ 13:50 Nonoko	Back stroke Intermediate 12:45 ~ 13:15 Tsutsui	Crawl stroke Advanced 12:50 ~ 13:20 Kojima	Body Care 12:50 ~ 13:35 Morita	Breast stroke Beginner 13:20 ~ 14:05 Kuji	Yoga 13:15 ~ 14:00 Umeda	Butterfly stroke Intermediate 13:25 ~ 13:55 JULI
30		Shape Up Aquabics 13:20 ~ 13:50 Inoue		Swim Challenge 13:25 ~ 13:55 Tsutsui	Stretch Walking 13:40 ~ 14:10 Yamada				
14:00		Crawl stroke Beginner 14:00 ~ 14:30 Tanaka		Shape Up Walking 14:30 ~ 15:00 Satou	Butterfly stroke Beginner 14:20 ~ 14:50 Yamada		Aqua dance 14:15 ~ 14:45 Niino		
30				Pilates 14:30 ~ 15:15 Satou	Variety Swim 15:00 ~ 15:30 Yamada			Pelvic stretching 14:30 ~ 15:15 Sakamoto	
15:00	Pilates 14:45 ~ 15:30 AKI	Butterfly stroke Intermediate 14:45 ~ 15:30 Tanaka				BtoB Body coordination 15:00 ~ 15:45 Shindo			
30								Pelvic stretching 15:30 ~ 16:15 Sakamoto	
16:00	Yoga 16:00 ~ 16:45 Umeda								
30									
17:00									
30									
18:00	Pelvic stretching 17:30 ~ 18:15 Sakamoto								Skill-up swimming 18:00 ~ 18:45 Tsutsui Capacity4
30									
19:00	Core Cordinate 18:30 ~ 19:15 Sakamoto	Breast stroke Intermediate 18:30 ~ 19:00 Satou	Waist Shape 18:30 ~ 18:50 Staff	Crawl stroke Intermediate 18:30 ~ 19:00 Sioya	Total Body Shape 18:20 ~ 18:50 Staff	Back stroke Beginner 18:30 ~ 19:00 Tsutsui	Waist Shape 18:20 ~ 18:40 Staff	Postural improvement swim 18:45 ~ 19:15 Kojima	
30									
20:00	Yoga 20:00 ~ 20:45 Saito	Variety Swim 19:10 ~ 19:40 Satou	Power yoga 19:15 ~ 20:00 Umeda	Swim Challenge 19:10 ~ 19:40 Sioya	Roller Relax 19:05 ~ 19:25 Staff	Swim with Fin advanced 19:10 ~ 19:40 Tsutsui	Yoga 19:00 ~ 19:45 Saito	Breast stroke Beginner 19:25 ~ 19:55 Kojima	
30		Swim with Fin course 19:50 ~ 20:10 20:15 ~ 20:35 Capacity3		Butterfly stroke Beginner 19:50 ~ 20:20 Sioya		Conditioning 19:50 ~ 20:05 ★KAORI★		Long-Distance Swimming 20:05 ~ 20:50 Kojima	
21:00		Jacuzzi aroma stretch 21:00 ~ 21:15 Satou	Pilates 20:45 ~ 21:30 Terada					One Point Swim 21:00 ~ 21:30 Kojima	
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7:00				
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30				
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30		Crawl stroke Intermediate 10:45 ~ 11:30 Mori		
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30			Wave Stretching 12:05 ~ 12:25 Staff	Breast stroke Beginner 12:00 ~ 12:30 Hitomin
12:00				
30			Yoga 12:45 ~ 13:30 mika	
13:00		Aquabics 13:00 ~ 13:45 Kuji		
30			ViPR Workout 14:00 ~ 14:20 Staff	Butterfly stroke Intermediate 14:00 ~ 14:45 Tanaka
14:00	Grid & Stretch 14:00 ~ 14:20 Staff	Butterfly stroke Beginner 14:00 ~ 14:45 Kuji		
30				
15:00		Swim with Fin beginner 15:00 ~ 15:30 Yamada	Flex Cushion Yoga 15:00 ~ 15:45 Watanabe	Swim with Fin advanced 14:55 ~ 15:25 Tanaka
30	ViPR Circuit 15:30 ~ 15:50 Staff			
16:00	Waist Shape 16:10 ~ 16:30 Staff		Flex Cushion Yoga 16:05 ~ 16:50 Watanabe	
30		Master's swim 16:30 ~ 17:30 Tsutsui		
17:00		Capacity12		
30				
18:00	Yoga 17:45 ~ 18:30 Narimatsu			
30				
19:00				



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June close day

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Suidobashi 7th(Tue)	Yokohama 8th(Wed)	Roppongi 8th(Wed)

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Swimming lesson

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 Capacity 4 people maximum.
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Day of the week	Time	Instructor	Class
Fri	18:00~18:45	Tsutsui	Skill-up Swimming
Sat	16:30~17:30	Tsutsui	Masters Swimming

◆Capacity
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