

esforta SUIDOUBASHI May Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other
	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	
7:00															7:00 HOT Hot program
15															15 NEW New program
30															30 PAY Paid program
45	Functional20 7:45~8:05		Morning Yoga 7:45~8:30		Morning Yoga 7:45~8:30		Morning Yoga 7:45~8:30		Spine conditioning 7:45~8:30		Hot Pilates 7:45~8:30				45 C Capacity
8:00															8:00
15															15
30															30
45															45
9:00															9:00
15															15
30															30
45															45
10:00		PAY								Hot Yoga 9:45~10:30					10:00
15		Beginner Class													15
30	Health gymnastics 10:25~10:55	Lesson 10:00~11:00	Flex Cushion Stretch 10:15~10:35	Swimming with Fins 10:00~10:30	Hot Yoga 10:00~10:45			Power Hydroaqua 10:15~10:45				Hot Yoga 10:00~10:45	Conditioning swim 10:00~10:30	Aquatics45 10:00~10:45	10:00
45															15
11:00															11:00
15															15
30		Walking 11:15~11:45		Original Aqua 11:00~11:45	Hula 10:55~11:40	PAY Challenge Class Lesson 11:00~12:00		Aquatics30 11:00~11:30		Walking in the Water 10:45~11:30		Hot Body Care 11:15~12:00	Butterfly Stroke Beginner 10:45~11:30	Hot Yoga 11:10~11:55	Back Stroke Intermediate 11:00~11:45
45															30
12:00															12:00
15															15
30	Hot Yoga 12:00~12:45	Breast Stroke Introductory 12:00~12:30	Hot Body Care 12:00~12:45			Swimming with fins 12:10~12:40		Roller & Stretch 12:30~12:50	Back Stroke Beginner 12:30~13:30		Aquatics 45 11:45~12:30		Challenge Class 11:45~12:45		Wavering 12:25~12:45
45															30
13:00															13:00
15															15
30		Shape Up Aqua45 13:00~13:45	Hot lymph Stretch 12:55~13:40	Start & turn 13:00~13:30	Hot Pilates 12:35~13:20	Breast Stroke upper level 12:50~13:20		Hot Body Care 13:00~13:45		Hot Yoga 12:50~13:35		Swimming Form Check 13:00~13:30		Aquatics45 13:00~13:45	Hot Yoga 13:00~13:45
45															30
14:00															14:00
15															15
30															30
45															45
15:00															15:00
15	Hot Pilates 14:45~15:30	PAY Advance Class Lesson 14:45~15:45		Shape up walking 14:45~15:30		Challenge Hydroaqua 15:40~16:10									15
30															30
45															45
16:00															16:00
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45															45
17:00															17:00
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30															30
45															45
18:00															18:00
15	Beauty Pelvis Stretch 18:15~19:00														15
30															30
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19:00															19:00
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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

