

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

January 13th(Mon) Holiday Programs

Shibuya		Ichigaya		Akasaka		Yokohama			Roppongi	
◆Capacity Studio : 20 Pool(Stroke) : 10 Pool(Long distance) : 12 Pool(Aqua-Walking) : 16		◆Capacity Studio : 20		◆Capacity Studio : 21 Pool(Stroke) : 8 Pool(Long distance) : 10 Pool(Aqua-Walking) : 16		◆Capacity Studio1 : 15 Studio2 : 10 Pool(Stroke) : 8 Pool(Other than Stroke) : 16			◆Capacity Studio : 15 Pool(Stroke) : 8 Pool(Other than Stroke) : 15	
STUDIO	POOL	STUDIO	STUDIO	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO	POOL	
8:00 Yoga 7:30 ~ 8:20 Tetsuya		Pilates Stretch 7:50 ~ 8:50 Ogawa								
9:00 Burn G 8:40 ~ 9:40 Rina Capacity8		Low Impact Beginner 9:05 ~ 10:05 Ogawa		Yoga 8:30 ~ 9:30 Watanabe						
10:00 Flex Cushion Yoga 10:15 ~ 11:15 Watanabe Miho	Butterfly Beginner 10:00 ~ 10:45 Wajiki	Yoga 10:20 ~ 11:20 Yuji		Low Impact Beginner 10:00 ~ 11:00 Sakurai	Aquatics 10:00 ~ 10:30 Tanji	Yoga 9:30 ~ 10:30 Abe	Dancers Stretching 10:00 ~ 10:30 Tsutsumi	Aquatics 9:30 ~ 10:00 AKANE	Yoga 10:00 ~ 11:00 KAYOKO	Aquatic walking 10:00 ~ 10:30 Inoue
11:00 Nutrition Seminar 11:30 ~ 12:00 Takasawa	Crawling breathing 11:00 ~ 11:30 Wajiki	Vocarhythm Premium voice 11:35 ~ 12:35 Tamazawa		Function Improvement Exercise 11:15 ~ 12:15 Sakurai	Long-Distance Swimming Advanced 10:40 ~ 11:25 Tanji	Low Impact Beginner 10:45 ~ 11:45 Ueda	Salsa Shine 10:45 ~ 11:45 Tsutsumi	Stretch & Walking 10:10 ~ 10:40 AKANE		Aquatics 10:40 ~ 11:10 Inoue
12:00 Hammock Exercise 12:05 ~ 13:05 YUCA Capacity10	Long-Distance Swimming Beginner 11:40 ~ 12:10 Wajiki	ZUMBA® 12:50 ~ 13:50 Syu		UBOUND® 12:30 ~ 13:15 MURA		Conditioning Stretching 12:00 ~ 12:30 Ueda	Salsa 12:00 ~ 13:00 Tsutsumi		RITMOS® 11:20 ~ 12:20 Ami	
13:00 Lesmills™BODY PUMP 13:30 ~ 14:15 Watanabe Hikaru	Aqua Dance 13:00 ~ 13:30 Nissy	MOSSA Group Fight® 14:00 ~ 15:00 Tamaki		MOSSA Group Fight® 13:30 ~ 14:30 ZAKI	Butterfly Introductory~Beginner 14:00 ~ 14:30 Yamamoto	ZUMBA® 12:45 ~ 13:45 Aki		Four stroke beginner class 12:45 ~ 13:45 Mori	Move Body Aerobic Workout 12:30 ~ 13:15 Tanaka	Crawl Beginner 12:30 ~ 13:00 Mita
14:00 Lesmills™BODY ATTACK 14:30 ~ 15:15 Watanabe Hikaru	Aqua combat 13:40 ~ 14:10 Nissy	MEGADANZ® 14:45 ~ 15:30 Sawada		Butterfly Introductory~Beginner 14:00 ~ 14:30 Yamamoto	Crawl Introductory~Beginner 14:40 ~ 15:10 Yamamoto		Pilatis 13:30 ~ 14:30 Katayama	Shape Up Aquatics 13:55 ~ 14:15 Saita	OXIGENO® 13:30 ~ 14:15 Tanaka	Butterfly Beginner 13:10 ~ 13:40 Mita
15:00 K-POP Dance 15:30 ~ 16:30 ERIKA	Breaststroke Intermediate 14:30 ~ 15:00 Iwaida	MOSSA Group Centergy® 15:45 ~ 16:30 Sawada			Aqua Dance 16:00 ~ 16:30 Nissy	Improve Balance 14:30 ~ 15:30 Shibuya	Vocarhythm 14:45 ~ 15:45 Katayama	Flow Conditioning Aquatics 14:20 ~ 15:00 Saita	MOSSA GroupPower® 14:30 ~ 15:30 REINA	Aqua Combat 15:00 ~ 15:30 ★SEN★
16:00 Shape up Lesson 16:45 ~ 17:15 Stuff	individual medley Intermediate 15:10 ~ 15:55 Iwaida	Yoga 16:10 ~ 17:10 ERINA			Hydro Training 16:40 ~ 17:10 Nissy	Body Care 15:45 ~ 16:45 Shibuya	Yoga 16:00 ~ 17:00 Fukuda	Back stroke intermediate 15:05 ~ 15:35 Mori	Spine Fitter 15:50 ~ 16:20 Gym Staff	Aqua Dance 15:40 ~ 16:10 ★SEN★
17:00 Latin Dance 17:30 ~ 18:30 Sasaki Luis		UBOUND® 17:30 ~ 18:15 Kobayashi Ruri Capacity15				MOSSA GroupBrest® 17:00 ~ 18:00 Tamaki Akira		Back stroke pre-Advanced 15:40 ~ 16:10 Mori	Middle Impact Beginner 16:40 ~ 17:40 Hamaguchi kazumi	
		TOP RIDE® 18:40 ~ 19:10 Sawaki Capacity10				MOSSA GroupFight® 18:15 ~ 19:15 Tamaki Akira		Long-Distance swimming 16:20 ~ 16:50 Mori	Vinyasa Yoga 18:00 ~ 19:00 Tetsuya	
18:00										
19:00										

※金額は税込表記となります (税率10%)



旧エスフォルタ水道橋跡地に
 キッズ専門のスイミングスクールオープン!
 体験のご予約はこちら

