

esforta YOKOHAMA October Program

	MON			TUE			WED			THU			FRI			SAT			SUN			Other	
	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL		
7:00																						7:00	<b>HOT</b> Hot program
15																						15	<b>NEW</b> New program
30																						30	<b>PAY</b> Paid program
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Official Closing Day

9.30(Mon)~10.13(Sun)  
10.14(Mon)9:00~20:00

Shibuya

10.6(Sun)  
Ichigaya

10.7(Mon)  
Suidobashi・Akasaka

10.8(Tue)  
Yokohama

10.12(Sat)9:00~23:00  
10.13(Sun)  
Roppongi

esforta YOKOHAMA September Program

	MON			TUE			WED			THU			FRI			SAT			SUN			Other			
	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL				
7:00																						7:00	<b>HOT</b> Hot program		
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10:00	Yoga 9:40~10:50	Salsa Shine 10:00~11:00	Walking in the Water 10:00~10:30	Belly Dance Basic 10:00~11:00	Hula Dance 10:00~11:00	Float & Kicking 10:00~10:30	Pelvic Stretching 10:00~11:00			Tai-Chi 9:30~10:45	Limph Stretching 9:30~10:30	Yoga 9:45~11:00	Walking Variety 10:00~10:30	Yoga 10:00~11:00	Hula Dance 10:00~11:15	Aquabics 45 10:00~10:45	UBOUND 10:00~11:00	Scapula Yoga 10:00~11:00			Spine Conditioning 9:30~10:30	Ballet Pre-Intermediate 9:45~11:15	Crawl Stroke Introductory 10:00~10:30	10:00	
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11:00																						11:00			
15	Low Impact Beginner 11:00~12:00	Salsa on1 11:05~12:20		Yoga 11:15~12:15	Belly Dance application 11:15~12:15	Flow conditioning 11:25~11:40	Shape up Low Impact Pre-Intermediate 11:15~12:15			RPB 11:10~12:10	Crawl Stroke Introductory 11:30~12:00	Latin Dance Beginner 11:15~12:15	Back Stroke Introductory 11:30~12:00	Ritomos 11:15~12:15	Yoga 11:30~12:30 (Warm)	Crawl Stroke Introductory 11:45~12:15	Gravity Yoga 11:15~12:15	Power Yoga 11:15~12:30 (Warm)			MOSSA/ Group Power 45 10:45~11:30	Breast Stroke Beginner 10:45~11:15		15	
30																						30			
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12:00																						12:00			
15	Party Funk 12:15~13:15	Theater Dance 12:30~13:30		Ritomos 12:30~13:30	RPB 12:30~13:30		Crawl Stroke Beginner 12:15~13:15					Theater Dance 12:30~13:30		West Shapeup & Stretching 12:30~13:10								15			
30																						30			
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13:00																						13:00			
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30	UBOUND 13:30~14:15	Street Dance 13:45~14:45		Port De Bres 13:45~14:30			West Shape up 13:45~14:05															30			
45																						45			
14:00																						14:00			
15																						15			
30	Vocalism 14:30~15:30	JAZZ Dance Beginner 15:15~16:15		ZUMBA GOLD 14:45~15:45			STEP Beginner 14:20~15:00															30			
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16:00	Improve Balance 15:45~16:45			Low Impact Beginner 16:00~16:40																		16:00			
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30	Pilates 17:30~18:15			Kenbiso 17:15~18:15			JAZZ HIPHOP 17:00~18:00															30			
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18:00																						18:00			
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30	Meridians Yoga 18:30~19:30			Pelvic Stretching 18:30~19:30			Gravity Yoga 18:15~19:15															30			
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20:00	ZUMBA 19:45~20:45	HIP HOP Beginner 19:30~20:30		UBOUND 19:45~20:45			Jazz dance 19:45~20:45			Hatha Yoga 19:30~20:45												20:00			
15																						15			
30																						30			
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21:00	MOSSA/ Group Power 45 21:00~21:45	HIP HOP Pre-Intermediate 20:40~22:10		MOSSA/ Group Fight 45 21:00~21:45			Yoga 21:00~21:50															21:00			
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Official Closing Day

9.30(Mon)~10.13(Sun) Shibuya

9.7(Sat) Akasaka

9.8(Sun)~9.12(Thu) Suidobashi

9.8(Sun) Roppongi•Yokohama

9.1(Sun)Private show  
9.2(Mon)Renewal Open  
9.20(Fri)7:00~21:00 Ichigaya

Hatha Yoga 16:45~18:00 (Warm)

Yoga 17:30~18:30

MOSSA/ Group Fight 60 17:15~18:15

Long Swim 45 18:00~18:45

Roller Relaxation 16:45~17:05

Butterfly Stroke & Breast Stroke Intermediate 19:00~19:45

Breast Stroke Beginner 19:40~20:10

Crawl Stroke Beginner 20:20~20:50

Long Swim 30 21:00~21:30

Personal Lesson 21:40~22:10