



土 Saturday 2, 9, 16, 23			日 Sunday 3, 10, 17, 24		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
8:00					
9:00	Yoga 8:40 ~ 9:40 Suzuki				
		Aquatic Walking 9:20 ~ 9:50 Takada			
10:00	Pervic Stretch 9:55 ~ 10:55 Fujiwara	Jazz Dance Conditioninig 10:00 ~ 11:00 Harada	LesMills™ BODYPUMP 10:00 ~ 11:00 Ota	Yoga 9:45 ~ 10:45 MARI	Butterfly stroke beginner 10:10 ~ 10:40 Uchida
		Aquabics 10:00 ~ 10:30 Takada			Butterfly stroke intermediate 10:50 ~ 11:20 Uchida
		Crawl introductory 10:40 ~ 11:10 Iizuka			
11:00	Scapula Yoga 11:10 ~ 12:10 Fujiwara	Dance Aerobics 11:15 ~ 12:15 Harada	LesMills™ BODYATTACK 11:20 ~ 12:05 Ota	House Dance 11:15 ~ 12:15 YUCO	Crawl pre-intermediate 11:30 ~ 12:30 Uchida
12:00		Breast stroke introductory 11:20 ~ 11:50 Iizuka			
	BtoB 12:25 ~ 13:25 chihiro	Waist Shepe UP & Strech 12:40 ~ 13:25 Ueda	Yoga 12:45 ~ 13:45 Misuzu	Contemporary Dance 12:30 ~ 13:45 KEIKO	
13:00					
	Hi-Low Combo Pre-Intermediate 13:40 ~ 14:40 Ueda	JAZZ HIPHOP 14:15 ~ 15:15 HAYAMI	ZUMBA® 14:00 ~ 15:00 Chii	Yoga 14:15 ~ 15:15 Misuzu	Aquabics 13:35 ~ 14:05 Tsujiimoto
		Butterfly stroke intermediate 14:50 ~ 15:20 Iizuka			Shape Up Walking 14:15 ~ 14:30 Tsujimoto
14:00	ZUMBA® 14:55 ~ 15:55 Kei		Jazz Dance 15:15 ~ 16:15 KEIKO	BtoB 15:30 ~ 16:30 Tsunoda	Aquabics 14:40 ~ 15:10 Tsujiimoto
		Aqua Combat 15:45 ~ 16:15 *TAM*			
15:00	Yoga 16:10 ~ 17:10 Yoga instructor		Yoga 16:40 ~ 17:40 Misuzu	Ultimate Marshall Workout 17:15 ~ 18:30 BRAFT Harada	
	MOSSA GroupPower® 17:30 ~ 18:15 MOSSAInstructor	Kids School 17:15 ~ 18:15 Yoshida			
16:00					
		Breast stroke beginner 18:15 ~ 18:45 Hosoi			
17:00	MOSSA GroupFight® 18:35 ~ 19:20 MOSSAInstructor	Kids School 18:30 ~ 19:30 Yoshida			
		Back stroke beginner 18:55 ~ 19:25 Hosoi			
18:00					
19:00					
20:00					

◆Capacity  
STUDIO1 : 15  
STUDIO2 : 10  
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.

LINE 公式アカウント  
横浜店のレッスン代行・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  
住友不動産インテリア  
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



## December close day

**Shibuya**

30th(Sat),31st(Sun)

**Ichigaya**

30th(Sat),31st(Sun)

**Akasaka**

30th(Sat),31st(Sun)

**Yokohama**

30th(Sat),31st(Sun)

**Roppongi**

30th(Sat),31st(Sun)



## Pay Program

### Swimming School

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

Capacity max 8 people

Price :

2times /month ¥ 2,640

3times /month ¥ 3,960

4times /month ¥ 5,280

Day of the week	Time	Instructor	Class
Mon	12:45~13:45	Mori	Four stroke beginner
Wed	10:45~11:45	Ogawa	Swim&Execise
Wed	12:25~13:25	Ogawa	Four stroke intermediate
Thu	12:00~13:00	Hosoi	Crawl & Butterfly beginner
Fri	13:40~14:40	Iwaida	Crawl stroke & Breast stroke pre-intermediate
Sat	13:40~14:40	Iizuka	Butterfly introductory beginner
Sun	11:30~12:30	Uchida	Crawl pre-intermediate

## Special Lesson

### Special Lesson

Day of the week	Time	Instructor	Price	December
				29th
Fri	13:40 -14:40	Iizuka	¥1,100tax in/60min	Back stroke beginner



〒231-0024

Parksquareplaza 2F-B1F 1-2 Yoshihama-cho,Naka-ku, Yokohama, Kanagawa

TEL/045-641-6111

'Opening hours Mon.-Fri. 7:00am~23:00pm

Sat. 7:00am~21:00pm

Sun. and holiday.7:00am~20:00pm

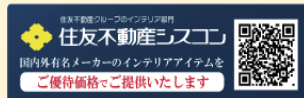
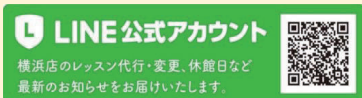
※tax-included price

月 Monday 6, 13, 20, 27		火 Tuesday 7, 14, 21, 28		水 Wednesday 1, 15, 22, 29		木 Thursday 2, 9, 16, 30		金 Friday 10, 17, 24			
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
7:00											
8:00											
9:00											
9:30		Aquatics 9:30 ~ 10:00 AKANE			Back stroke introductory 9:20 ~ 9:50 Iwaida						
10:00	Yoga 9:30 ~ 10:30 Abe		Hula 9:30 ~ 10:30 Suzuki	Stretch 9:40 ~ 10:10 Inoue		BtoB 10:00 ~ 11:00 Tsunoda	Percv Stretch 10:00 ~ 11:00 Matsuoka	Aquatics 10:00 ~ 10:30 Takada	LimpH Stretching 9:45 ~ 10:45 Tsutsumi	Yoga 9:20 ~ 10:35 Inoue	Aquatics 9:15 ~ 9:45 Niino
10:30		Stretch&Walking 10:10 ~ 10:40 AKANE			Breast stroke introductory 10:00 ~ 10:30 Iwaida						Aquatics 9:55 ~ 10:15 Hosoi
11:00	Low Impact Beginner 10:45 ~ 11:45 Ueda		Yoga 10:45 ~ 11:45 Inoue	Belly Dance 10:25 ~ 11:25 Hoda	Aquatic Walking 10:40 ~ 11:10 Uchida						Aquatics 10:30 ~ 11:00 Niino
11:30											
12:00	Conditioninig Stretch 12:00 ~ 12:30 Ueda										
12:30			Ritmos® 12:00 ~ 13:00 Kondo	Belly Dance 11:40 ~ 12:40 Hoda	Aquatics 12:00 ~ 12:30 AKANE						Butterfly stroke introductory 11:15 ~ 11:45 Hosoi
13:00	LesMills™BODYJAM 12:45 ~ 13:30 anna	HIPHOP 12:30 ~ 13:30 HIDE									
13:30		Four stroke beginner class 12:45 ~ 13:45 Mori				Sintex® Cardio&Tone 12:30 ~ 13:15 Ogata	Balroom Danching 12:30 ~ 13:30 Mizuguti	Swim&Exercise class 10:45 ~ 11:45 Ogawa			Back stroke pre-Advanced 11:00 ~ 11:30 Iizuka
14:00	UBOUND® 13:45 ~ 14:30 Nakazato	Street Dance 13:45 ~ 14:45 odanobu	Conditioninig Stretch 13:15 ~ 13:45 Kondo	BtoB 12:55 ~ 13:55 Saito	Back stroke beginner 13:25 ~ 13:55 Uchida			Personal Lesson 11:50 ~ 12:20 Ogawa	MOSSA GroupFight® 12:05 ~ 12:35 MOSSAInstructor	Belly Dance 12:05 ~ 13:05 SAORI	Crawl&Butterfly beginner class 12:00 ~ 13:00 Hosoi
14:30		Shape Up Aquatics 13:55 ~ 14:25 Saita				Yoga 13:30 ~ 14:30 Fujico					
15:00	Vocarhythm 14:50 ~ 15:50 Katayama		PORT DE BRES 14:00 ~ 14:45 Kondo	Yoga 14:10 ~ 15:10 Suzuki	Crawl Advanced 14:05 ~ 14:35 Uchida		Aerobics Beginner 14:10 ~ 14:55 Sanjo	Four stroke intermediate class 12:25 ~ 13:25 Ogawa			Skill Improvement 13:15 ~ 13:45 Uchida
15:30		Flow Conditioning Aquatics 14:35 ~ 14:50 Saita									
16:00	Improve Balance 16:05 ~ 17:05 Shibuya	BtoB 15:30 ~ 16:30 Shindo	ZUMBA®GOLD 15:05 ~ 16:05 Kei		Aquatics 14:45 ~ 15:15 Kurosawa	Balletone 14:45 ~ 15:30 Fujico	Conditioninig &Stretch 15:10 ~ 15:55 Sanjo	Crawl intermediate 13:35 ~ 14:05 Ogawa			
16:30		Butterfly stroke intermediate 15:00 ~ 15:30 Mori									
17:00		Butterfly stroke pre-Advanced 15:40 ~ 16:10 Mori			Swim with Fin intermediate 15:30 ~ 16:00 Hosoi						
17:30		Long-Distance swimming 16:20 ~ 16:50 Mori									
18:00			Kenbiso 17:15 ~ 18:15 Fujiwara	Kids School 16:10 ~ 17:10 nakano							
18:30											
19:00	Yoga 18:45 ~ 19:45 Fukuda		Percv Stretch 18:30 ~ 19:30 Fujiwara	Kids School 17:30 ~ 18:30 nakano							
19:30		Conditioning Walking 19:10 ~ 19:30 Tsujimoto									
20:00	ZUMBA® 20:00 ~ 20:45 Yuku	HIPHOP 19:45 ~ 20:45 Ipppei				LesMills™ BODYPUMP 19:00 ~ 19:45 Hagima	Yoga 19:30 ~ 20:30 Naomi	Back stroke Advanced 15:00 ~ 15:30 Iizuka			
20:30		Aquatics 19:40 ~ 20:10 Tsujimoto									
21:00	MOSSA GroupFight® 21:00 ~ 22:00 MOSSAInstructor		MOSSA GroupPower® 20:00 ~ 21:00 MOSSAInstructor	Street Dance 20:20 ~ 21:20 HIDE	Butterfly stroke pre-intermediate 19:45 ~ 20:15 Hosoi						
21:30											
22:00			MOSSA GroupFight® 21:15 ~ 22:00 MOSSAInstructor		Crawl pre-Advanced 20:25 ~ 20:55 Hosoi						
22:30											

土 Saturday 4, 11, 18, 25			日 Sunday 5, 12, 19, 26		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
8:00					
9:00	Yoga 8:40 ~ 9:40 Suzuki				
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10:00	Pervic Stretch 9:55 ~ 10:55 Fujiwara	Jazz Dance Conditioninig 10:00 ~ 11:00 Harada	LesMills™ BODYPUMP 10:00 ~ 11:00 Ota	Yoga 9:45 ~ 10:45 MARI	Crawl beginner 10:10 ~ 10:40 Uchida
					Crawl intermediate 10:50 ~ 11:20 Uchida
11:00	Scapula Yoga 11:10 ~ 12:10 Fujiwara	Dance Aerobics 11:15 ~ 12:15 Harada	LesMills™BODYATTACK 11:20 ~ 12:05 Ota	House Dance 11:15 ~ 12:15 YUCO	Crawl pre-intermediate 11:30 ~ 12:30 Uchida
12:00					
	BtoB 12:25 ~ 13:25 chihiro	Waist Shepe UP & Strech 12:40 ~ 13:25 Ueda	Yoga 12:45 ~ 13:45 Misuzu	Contemporary Dance 12:30 ~ 13:45 KEIKO	
					Aquabics 13:35 ~ 14:05 Tsujimoto
14:00	Hi-Low Combo Pre-Intermediate 13:40 ~ 14:40 Ueda	JAZZ HIPHOP 14:15 ~ 15:15 HAYAMI	ZUMBA® 14:00 ~ 15:00 Chii	Yoga 14:15 ~ 15:15 Misuzu	Shape Up Walking 14:15 ~ 14:30 Tsujimoto
					Aquabics 14:40 ~ 15:10 Tsujimoto
15:00	ZUMBA® 14:55 ~ 15:55 Kei		Jazz Dance 15:15 ~ 16:15 KEIKO	BtoB 15:30 ~ 16:30 Tsunoda	
16:00	Yoga 16:10 ~ 17:10 Iwasaki		Yoga 16:40 ~ 17:40 Misuzu		
17:00	MOSSA GroupPower® 17:30 ~ 18:15 MOSSAInstructor	Kids School 17:15 ~ 18:15 Yoshida		Ultimate Marshall Workout 17:15 ~ 18:30 BRAFF Harada	
18:00	MOSSA GroupFight® 18:35 ~ 19:20 MOSSAInstructor	Kids School 18:30 ~ 19:30 Yoshida			
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## November close day

<b>Shibuya</b> 5th(Sun)	<b>Ichigaya</b> 6th(Mon)	<b>Akasaka</b> 9th(Thu)
<b>Yokohama</b> 8th(Wed)	<b>Roppongi</b> 8th(Wed)	

## Swimming School

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Fri	13:40~14:40	Iwaida	Crawl stroke & Back stroke pre-intermediate
Sat	13:40~14:40	Iizuka	Butterfly introductory beginner
Sun	11:30~12:30	Uchida	Crawl pre-intermediate

## Special Lesson

Day of the week	Time	Instructor	Price	November	
				3rd	23th
Fri	13:40 -14:40	Uchida	¥1,100tax in/60min	Butterfly stroke beginner	
Thu	15:00 -15:30	Morita	¥2,200tax in/30min		Back stroke ~form check~
Thu	15:40 -16:10	Morita	¥2,200tax in/30min		Back stroke ~form check~