

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

December 29th(Mon) Shoetening 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			8:00 Yoga 8:00 ~ 9:00 Watanabe					8:00 Yoga 7:20 ~ 8:10 Ryuma		
		<p>『Special Thanks Week』 Please see the attached program.</p>								
9:00 Tai Chi 9:15 ~ 10:15 Yamamoto			9:00 Core training 9:15 ~ 10:15 KATSUO			9:30 Yoga 9:30 ~ 10:30 Abe		9:30 Aquabics 9:30 ~ 10:00 AKANE		
10:00 Yoga 10:30 ~ 11:30 Watanabe	10:20 Aquatic Walking 10:20 ~ 10:50 JULI		10:30 ZUMBA@ 10:30 ~ 11:30 Shinmura	11:00 Aquatic Walking 11:00 ~ 11:30 Yamamoto		10:45 Conditioning Stretching 10:45 ~ 11:15 Kuramochi Nanami	10:00 Salsa Shine 10:00 ~ 11:00 Tsutsumi	10:10 Stretch&Walking 10:10 ~ 10:40 AKANE	10:00 Sintex@~Yoga~ 9:50 ~ 10:50 Hama Junko	10:00 Aquatic walking 10:00 ~ 10:30 Inoue
11:00 Pilates 11:50 ~ 12:50 Noara	11:00 Form Check 11:00 ~ 11:30 JULI		11:45 MOSSA Group Fight@ 11:45 ~ 12:45 Tamaki	11:40 Swim with Fin Beginner 11:40 ~ 12:10 Yamamoto		11:30 Low Impact Beginner 11:30 ~ 12:15 Kuramochi Nanami	11:15 Salsa 11:15 ~ 12:15 Tsutsumi	11:30 Crawl introductory 11:30 ~ 12:00 MIZUSIMA	11:00 Sintex@~Tone~ 11:00 ~ 12:00 Kiyomi	10:40 Aquabics 10:40 ~ 11:10 Inoue
12:00 Pelvis@ Work 13:10 ~ 14:10 Miyoshi	11:40 Swim with Fin Advanced 11:40 ~ 12:25 JULI		13:00 K-POP 13:00 ~ 14:00 Meru	12:20 Butterfly Introductory 12:20 ~ 12:50 Yamamoto		12:45 UBOUND@ 12:45 ~ 13:30 Yonedu	12:30 Lymph Stretching 12:30 ~ 13:30 Tsutsumi	12:15 Craw beginner 12:15 ~ 12:45 MIZUSIMA	12:15 Strong Nation@ 12:15 ~ 13:00 Kenji	12:00 Butterfly Beginner 12:00 ~ 12:30 Fuseya
13:00 HOUSE Dance Start 14:40 ~ 15:10 Iuchi	13:00 Craw Pre-Intermediate 13:00 ~ 13:30 Tanaka		14:15 Dance Fit 14:15 ~ 15:15 Meru	14:00 Back stroke Intermediate 14:00 ~ 14:30 Wajiki		13:45 LesMills™BODYCOMBAT 13:45 ~ 14:30 Anpo Takashi	13:45 Street Dance 13:45 ~ 14:45 oda-nobu		13:15 ZUMBA@ 13:15 ~ 14:15 Kenji	12:40 Craw Beginner 12:40 ~ 13:10 Fuseya
14:00 HOUSE Dance 15:20 ~ 16:20 Iuchi	13:40 Technical Class~Pilates Work Time~ 13:40 ~ 14:10 Tanaka		14:40 Breast stroke Intermediate 14:40 ~ 15:10 Wajiki	15:20 Long-Distance Swimming Advanced 15:20 ~ 16:05 Wajiki		14:50 Sintex@ Cardio&Tone 14:50 ~ 15:50 Saotome	15:00 Vocarhythm 15:00 ~ 16:00 Katayama		14:30 MOSSA Group Power@ 14:30 ~ 15:15 REO	
	14:20 Individual Medley Beginner 14:20 ~ 14:50 Tanaka								15:30 UBOUND@ 15:30 ~ 16:15 REO	

Openning hours : 7:00~17:00

※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 [→](#)

◆Capacity
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January 3th(Sat) Shoetening 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	
closed										
10:00 Hammock Exercise 9:30 ~ 10:30 YUCA Capacity:10	Aqua Dance 10:30 ~ 11:00 Tina	Yoga 9:30 ~ 10:30 Watanabe	Function Improvement Exercise 10:40 ~ 11:40 Sakurai	Crawl Beginner 10:00 ~ 10:30 Nohara	Pervic Stretching 9:55 ~ 10:55 Fujiwara	Jazz Dance Conditioninig 10:00 ~ 11:00 Matsumoto Yuka		MEGADANZ® 9:30 ~ 10:15 Syu		
11:00 Yoga 11:00 ~ 12:00 Tetsuya	Aqua combat 11:10 ~ 11:40 Tina Capacity:10	ZUMBA® 11:50 ~ 12:50 Kenji	MOSSA Group Power® 13:00 ~ 13:45 Non	Aquabics 10:50 ~ 11:20 Tsujimoto	Scapula Yoga 11:10 ~ 12:10 Fujiwara	Dance Aerobics 11:15 ~ 12:15 Matsumoto Yuka		ZUMBA® 10:30 ~ 11:15 Syu	Brest Stroke Beginner 11:00 ~ 11:30 Mitsuyasu	
12:00 Belly Dance 12:20 ~ 13:05 Noara	Stretch Walking 13:00 ~ 13:30 Kuji	UBOUND® 14:00 ~ 14:45 Tugumi Capacity:15	Pilates 14:55 ~ 15:55 Tanaka	Shape Up Walking 11:30 ~ 12:00 Tsujimoto Crawl pre-intermediate 12:00 ~ 12:30 Uchida Aquabics 12:10 ~ 12:40 Tsujimoto	BtoB 12:25 ~ 13:25 chihiro	Belly Dance intoroductory 12:30 ~ 13:30 Mana	Butterfly stroke pre-intermediate 12:40 ~ 13:10 Uchida	Ballet Beginner 11:50 ~ 12:50 Ishii	Long swim Intermediate 11:40 ~ 12:10 Mitsuyasu	
13:00 BtoB 13:20 ~ 14:05 Yukie	Long-Distance Swimming Intermediate 13:40 ~ 14:25 Kuji	Yoga 16:05 ~ 17:05 Aonuma			UBOUND® 13:40 ~ 14:40 Yonedu	Belly Dance 13:45 ~ 14:45 Mana		Poppilates 13:15 ~ 14:00 Ellie	Shape Up Walking 14:00 ~ 14:20 Tsujimoto	
14:00 HIPHOP Start 14:15 ~ 14:45 Kitani	Swim with Fin Beginner 14:35 ~ 15:05 Kuji				ZUMBA® 14:55 ~ 15:55 Kei	Yoga 15:00 ~ 16:00 YOKO		ZUMBA® 14:15 ~ 15:00 Ellie	Aquabics 14:30 ~ 15:00 Tsujimoto	
15:00 HIPHOP 14:55 ~ 15:40 Kitani								Belly Dance 15:15 ~ 16:15 Noara		
16:00 Yoga 15:50 ~ 16:50 Watanabe								MOSSA Group Centergy® 16:30 ~ 17:15 ANNA.Y		

Openning hours : 9:00~18:00

※金額は税込表記となります (税率10%)



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