

2026. January AKASAKA

| 月 Monday<br>5, 19, 26 |                                                                                                               | 火 Tuesday<br>6, 13, 20, 27 |                                                                                                                | 水 Wednesday<br>7, 14, 21, 28 |                                                                                                                | 木 Thursday<br>8, 15, 22, 29 |                                                                                                             | 金 Friday<br>9, 16, 23, 30 |                                                           |  |       |
|-----------------------|---------------------------------------------------------------------------------------------------------------|----------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------|--|-------|
| STUDIO                |                                                                                                               | POOL                       |                                                                                                                | STUDIO                       |                                                                                                                | STUDIO                      |                                                                                                             | STUDIO                    |                                                           |  |       |
| 7:00                  |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 7:00  |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 30    |
| 8:00                  |  Yoga<br>8:00 ~ 8:50 Watanabe |                            |  Yoga<br>8:00 ~ 8:50 Watanabe |                              | Body Care<br>7:40 ~ 8:40 Morita                                                                                |                             |  Yoga<br>8:00 ~ 8:50 mai |                           | Tai-Chi<br>7:50 ~ 8:40 Matsuya                            |  | 8:00  |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 30    |
| 9:00                  |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 9:00  |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 30    |
| 10:00                 | Function Improvement<br>Exercise Basic<br>9:30 ~ 10:15 Sakurai                                                |                            | Vocarhythm<br>10:00 ~ 11:00 Mitarai                                                                            |                              |  Yoga<br>10:00 ~ 11:00 Kuroda |                             | Pilates<br>10:00 ~ 10:45 Natsumi                                                                            |                           | Body Care<br>10:00 ~ 11:00 Morita                         |  | 10:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           | Back stroke Beginner<br>9:50 ~ 10:20 Nohara               |  | 10:00 |
| 11:00                 | Low Impact Beginner<br>10:30 ~ 11:30 Sakurai                                                                  |                            | Aquatic Walking<br>11:00 ~ 11:30 Yamamoto                                                                      |                              | Original Aquabics<br>11:00 ~ 11:30 Chounan                                                                     |                             | Aqatic Walking<br>11:00 ~ 11:30 Yamamoto                                                                    |                           | Breast stroke Beginner<br>10:30 ~ 11:00 Nohara            |  | 11:00 |
| 30                    |                                                                                                               |                            | Hula<br>11:10 ~ 11:55 Nagamatsu                                                                                |                              | Sintex®<br>~Conditioning~<br>11:15 ~ 12:15 Inoue                                                               |                             | Mitt Aquabics<br>11:45 ~ 12:15 Akane                                                                        |                           | Yoga<br>11:15 ~ 11:45 Imai                                |  | 11:00 |
| 12:00                 | Function Improvement<br>Exercise<br>11:45 ~ 12:45 Sakurai                                                     |                            | Swim with Fin Beginner<br>11:40 ~ 12:10 Yamamoto                                                               |                              | Mitt Aquabics<br>11:45 ~ 12:30 Kurata                                                                          |                             | Sintex®~Tone~<br>12:05 ~ 13:05 Kiyomi                                                                       |                           | Aquatic Walking Class<br>11:15 ~ 12:00 Ota                |  | 12:00 |
| 30                    |                                                                                                               |                            | Butterfly Introductory<br>12:20 ~ 12:50 Yamamoto                                                               |                              |                                                                                                                |                             | Aquabics<br>12:25 ~ 12:55 Akane                                                                             |                           | Aquatic Walking<br>12:10 ~ 12:40 Ota                      |  | 12:00 |
| 13:00                 | ZUMBA®<br>13:00 ~ 14:00 Sato Wataru                                                                           |                            | Pilates<br>12:05 ~ 13:05 Matsuoka                                                                              |                              | Sintex®~Tone~<br>12:30 ~ 13:30 Inoue                                                                           |                             | Dance Aerobics<br>13:15 ~ 14:15 Iguchi                                                                      |                           | Hydro Conditioning<br>12:50 ~ 13:20 Ota                   |  | 13:00 |
| 30                    |                                                                                                               |                            | STEP Warm up<br>& Training<br>13:15 ~ 14:15 Matsuoka                                                           |                              | Aqua Dance<br>12:40 ~ 13:10 ★TAM★                                                                              |                             | Crawl Intermediate<br>13:30 ~ 14:00 Kojima                                                                  |                           | Pelvic Streching<br>13:10 ~ 14:10 Matsuoka                |  | 13:00 |
| 14:00                 | Pilates<br>14:10 ~ 15:10 SACHIKO                                                                              |                            | Breast stroke Intermediate<br>14:00 ~ 14:30 Tsutsui                                                            |                              | Freestyle Basic Start<br>13:40 ~ 14:10 Iuchi                                                                   |                             | Back stroke Intermediate<br>14:10 ~ 14:40 Kojima                                                            |                           | Hi-Lo Combo<br>Pre-Intermediate<br>14:20 ~ 15:20 Matsuoka |  | 14:00 |
| 30                    |                                                                                                               |                            | Body Care<br>14:25 ~ 15:25 Shibuya                                                                             |                              | Freestyle Basic<br>14:20 ~ 15:20 Iuchi                                                                         |                             | STEP Beginner<br>14:25 ~ 15:10 Iguchi                                                                       |                           | Swim with Fin Beginner<br>15:00 ~ 15:30 Kojima            |  | 15:00 |
| 15:00                 | Long-Distance Swimming<br>Advanced<br>15:20 ~ 16:05 Wajiki                                                    |                            | Latin Dance Start<br>15:35 ~ 16:05 Sasaki Luis                                                                 |                              | Low Impact<br>Beginner<br>15:30 ~ 16:30 Chounan                                                                |                             | MOSSA Group Fight®<br>15:20 ~ 16:20 ZAKI                                                                    |                           | Ballet Beginner<br>15:30 ~ 16:30 Endo Wakiko              |  | 15:00 |
| 30                    |                                                                                                               |                            | Latin Dance<br>16:15 ~ 17:15 Sasaki Luis                                                                       |                              | Yoga<br>16:40 ~ 17:40 MAYA                                                                                     |                             | Pelvic Floor Dance<br>16:30 ~ 17:30 Miyoshi                                                                 |                           | Breast stroke Intermediate<br>15:40 ~ 16:10 Kojima        |  | 16:00 |
| 16:00                 | BODY ART Training<br>16:30 ~ 17:30 Sano                                                                       |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           | Capacity12                                                |  | 16:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 30    |
| 17:00                 |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 17:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 30    |
| 18:00                 | ZUMBA®<br>18:15 ~ 19:15 Shinmura                                                                              |                            | Yoga<br>18:20 ~ 19:20 Suzuki                                                                                   |                              | Pilates<br>18:10 ~ 19:10 Kawamitsu                                                                             |                             | Jazz Dance<br>18:05 ~ 18:50 Matsumoto Yuka                                                                  |                           | Strike Boxing<br>18:05 ~ 18:50 BRAFT MATSU                |  | 18:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             | Crawl Beginner<br>17:40 ~ 18:10 Sato(Aya)                                                                   |                           |                                                           |  | 18:00 |
| 19:00                 | Crawl Beginner<br>19:00 ~ 19:30 Ota                                                                           |                            | Butterfly Pre-Advanced<br>19:00 ~ 19:30 Mori                                                                   |                              | Breast stroke Beginner<br>19:00 ~ 19:30 Nohara                                                                 |                             | Back stroke Beginner<br>18:20 ~ 18:50 Sato(Aya)                                                             |                           | Yoga<br>19:00 ~ 19:45 Yuta                                |  | 19:00 |
| 30                    |                                                                                                               |                            | ZUMBA®<br>19:30 ~ 20:30 ANNA                                                                                   |                              | Butterfly Beginner<br>19:40 ~ 20:10 Nohara                                                                     |                             | Aqua Dance<br>19:00 ~ 19:30 Tina                                                                            |                           |                                                           |  | 19:00 |
| 20:00                 | Hydro Conditioning<br>19:45 ~ 20:15 Ota                                                                       |                            | Long-Distance Swimming<br>Advanced<br>19:40 ~ 20:25 Mori                                                       |                              |                                                                                                                |                             | Hydro Training<br>19:40 ~ 20:10 Tina                                                                        |                           | MEGADANZ®<br>19:55 ~ 20:55 Syu                            |  | 20:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             | Capacity14                                                                                                  |                           |                                                           |  | 20:00 |
| 21:00                 | Yoga<br>20:35 ~ 21:25 Comari                                                                                  |                            | RADICAL POWER®<br>20:45 ~ 21:30 Kayama Naoaki                                                                  |                              | Yoga<br>20:25 ~ 21:25 ERIKA                                                                                    |                             | UBOUND®<br>20:25 ~ 21:10 Shimada                                                                            |                           | Capacity15                                                |  | 21:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 21:00 |
| 22:00                 |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 22:00 |
| 30                    |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 30    |
| 23:00                 |                                                                                                               |                            |                                                                                                                |                              |                                                                                                                |                             |                                                                                                             |                           |                                                           |  | 23:00 |

| 土 Saturday<br>10, 17, 24, 31 |                                                             | 日 Sunday<br>4, 11, 18, 25                                  |                                                 |
|------------------------------|-------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------|
| スタジオ                         | プール                                                         | スタジオ                                                       | プール                                             |
| 7:00                         |                                                             |                                                            |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 8:00                         |                                                             |                                                            |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 9:00                         | Yoga<br>8:30 ~ 9:30 Tetsuya                                 | Pilates<br>8:00 ~ 9:00 Sato                                |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 10:00                        | Low Impact Beginner<br>9:40 ~ 10:25 Chounan                 | SPINEFITTER<br>9:15 ~ 9:45 Staff<br>Capacity10             |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 11:00                        | Shape up walk<br>Pre-Intermediate<br>10:35 ~ 11:35 Matsuoka | Yoga<br>10:00 ~ 11:00 Umeda                                | Aquatic Walking<br>10:00 ~ 10:30 Ota            |
| 30                           |                                                             |                                                            |                                                 |
| 12:00                        | Conditioning Stretching<br>11:45 ~ 12:35 Matsuoka           | Shape up walk<br>Pre-Intermediate<br>11:10 ~ 12:10 Chounan | Crawl Beginner<br>10:40 ~ 11:10 Ota             |
| 30                           |                                                             |                                                            |                                                 |
| 13:00                        | ZUMBA®<br>12:45 ~ 13:45 ANNA                                | Pilates<br>12:20 ~ 13:20 Kaori                             | Breast stroke Introductory<br>11:20 ~ 11:50 Ota |
| 30                           |                                                             |                                                            |                                                 |
| 14:00                        | SPINEFITTER<br>13:55 ~ 14:25 Staff<br>Capacity10            | SALSATION®<br>13:35 ~ 14:35 Kimie                          | Aqua Dance<br>13:00 ~ 13:45 ★TAM★               |
| 30                           |                                                             |                                                            |                                                 |
| 15:00                        | Low Impact Beginner<br>14:40 ~ 15:40 Ogawa                  | MOSSA Group Fight®<br>14:45 ~ 15:30 Tamaki Akira           |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 16:00                        | Pilates<br>15:55 ~ 16:55 Natsumi                            | UBOUND®<br>15:45 ~ 16:30 Chounan<br>Capacity15             |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 17:00                        | Yoga<br>17:05 ~ 18:05 Natsumi                               | Yoga<br>16:45 ~ 17:45 Suzuki                               |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 18:00                        |                                                             |                                                            |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 19:00                        |                                                             |                                                            |                                                 |
| 30                           |                                                             |                                                            |                                                 |
| 20:00                        |                                                             |                                                            |                                                 |
| 30                           |                                                             |                                                            |                                                 |

◆Capacity  
STUDIO : 21  
POOL (swim) : 8  
POOL (Long swim) : 10  
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

赤坂店のレッス代行・変更・休館日など  
最新のお知らせをお届けいたします。



旧エスフォルタ水泳橋跡地に  
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



## December close day

Shibuya

Yokohama

Akasaka

Roppongi

1st (Thu) and 2nd (Fri)

## Lesson Mark



Projection  
Workout

This program provides lessons in extraordinary  
space using projected images.

### Subject

| Day | Time        | Instructor | Lesson | Day | Time        | Instructor | Lesson  |
|-----|-------------|------------|--------|-----|-------------|------------|---------|
| Mon | 8:00-8:50   | Watanabe   | Yoga   | Fri | 11:55-12:55 | Imai       | Yoga    |
| Tue | 8:00-8:50   | Watanabe   | Yoga   | Sat | 8:00-9:00   | Tetsuya    | Yoga    |
| Wed | 10:00-11:00 | Kuroda     | Yoga   | Sun | 8:00-9:00   | Sato       | Pilates |
| Thu | 8:00-8:50   | mai        | Yoga   | Sun | 10:10-11:10 | Umeda      | Yoga    |
| Fri | 11:15-11:45 | Imai       | Yoga   | Sun | 16:35-17:35 | Suzuki     | Yoga    |

## Pay Program

### Walking School

2 times / month ¥2,640tax in

3 times / month ¥3,960tax in

4 times / month ¥5,280tax in

5times / month ¥6,600tax in

| Day | Class Hours | Instructor | Class Title     | Course Outline                               |
|-----|-------------|------------|-----------------|----------------------------------------------|
| Fri | 11:15~12:00 | Ota        | Aquatic Walking | Walking and stretching with the core in mind |



〒107-0052 Sumitomo Fudosan Aoyama Building.nisikan B1F, 8-5-26  
Akasaka, Minato-Ku, Tokyo  
TEL/03-3405-1177

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

Sat. 7:00am~21:00pm

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

※tax-included price

2025. December AKASAKA

| 月 Monday<br>1, 8, 15, 22 |                                                                | 火 Tuesday<br>2, 9, 16, 23                            |                                                          | 水 Wednesday<br>3, 10, 17, 24                     |                                                                                          | 木 Thursday<br>4, 11, 18, 25                    |                                                                                              | 金 Friday<br>5, 12, 19, 26                                  |                                                                                         |
|--------------------------|----------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| STUDIO                   | POOL                                                           | STUDIO                                               | POOL                                                     | STUDIO                                           | POOL                                                                                     | STUDIO                                         | POOL                                                                                         | STUDIO                                                     | POOL                                                                                    |
| 7:00                     |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 7:00                                                                                    |
| 30                       |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 8:00                     | Yoga<br>8:00 ~ 8:50 Watanabe                                   | Yoga<br>8:00 ~ 8:50 Watanabe                         |                                                          | Body Care<br>7:40 ~ 8:40 Morita                  |                                                                                          | Yoga<br>8:00 ~ 8:50 mai                        |                                                                                              | Tai-Chi<br>7:50 ~ 8:40 Matsuya                             | 8:00                                                                                    |
| 30                       |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 9:00                     |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 9:00                                                                                    |
| 30                       | Function Improvement<br>Exercise Basic<br>9:30 ~ 10:15 Sakurai |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 10:00                    |                                                                | Vocarhythm<br>10:00 ~ 11:00 Mitarai                  | Aquatic Walking<br>10:15 ~ 10:45 Yamamoto                | Yoga<br>10:00 ~ 11:00 Kuroda                     | Aquatic Walking<br>10:30 ~ 11:00 Ida<br>Capacity14                                       | Pilates<br>10:00 ~ 10:45 Natsumi               |                                                                                              | Body Care<br>10:00 ~ 11:00 Morita                          | Crawl Beginner<br>9:50 ~ 10:20 Nohara<br>Breast stroke Beginner<br>10:30 ~ 11:00 Nohara |
| 30                       | Low Impact Beginner<br>10:30 ~ 11:30 Sakurai                   |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 11:00                    | Aquatic Walking<br>11:00 ~ 11:30 Yamamoto                      | Hula<br>11:10 ~ 11:55 Nagamatsu                      | Original Aquabics<br>11:00 ~ 11:30 Chounan               | Sintex®<br>~Conditioning~<br>11:15 ~ 12:15 Inoue | Hydro Training<br>11:10 ~ 11:40 Ida                                                      | RITOMOS®<br>10:55 ~ 11:55 Okushi               | Aqatic Walking<br>11:00 ~ 11:30 Yamamoto                                                     | Yoga<br>11:15 ~ 11:45 Imai                                 | Aqatic Walking Class<br>11:15 ~ 12:00 Ota                                               |
| 30                       | Function Improvement<br>Exercise<br>11:45 ~ 12:45 Sakurai      |                                                      | Mitt Aquabics<br>11:45 ~ 12:30 Kurata                    |                                                  |                                                                                          |                                                | Mitt Aquabics<br>11:45 ~ 12:15 Akane                                                         |                                                            | 30                                                                                      |
| 12:00                    | Swim with Fin Beginner<br>11:40 ~ 12:10 Yamamoto               |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              | Yoga<br>11:55 ~ 12:55 Imai                                 | Aquatic Walking<br>12:10 ~ 12:40 Ota                                                    |
| 30                       | Butterfly Introductory<br>12:20 ~ 12:50 Yamamoto               | Pilates<br>12:05 ~ 13:05 Matsuoka                    |                                                          |                                                  |                                                                                          |                                                | Aquabics<br>12:25 ~ 12:55 Akane                                                              |                                                            | 30                                                                                      |
| 13:00                    | ZUMBA®<br>13:00 ~ 14:00 Sato Wataru                            |                                                      |                                                          | Sintex®~Tone~<br>12:30 ~ 13:30 Inoue             | Aqua Dance<br>12:40 ~ 13:10 ★TAM★<br>Hydro Training<br>13:20 ~ 13:50 ★TAM★<br>Capacity14 |                                                |                                                                                              |                                                            | Hydro Conditioning<br>12:50 ~ 13:20 Ota<br>Capacity14                                   |
| 30                       |                                                                | STEP Warm up<br>& Training<br>13:15 ~ 14:15 Matsuoka | Breast stroke Intermediate<br>14:00 ~ 14:30 Tsutsui      | Freestyle Basic Start<br>13:40 ~ 14:10 Iuchi     | Breast stroke Beginner<br>14:00 ~ 14:30 Yamamoto                                         | Dance Aerobics<br>13:15 ~ 14:15 Iguchi         | Crawl Intermediate<br>13:30 ~ 14:00 Kojima                                                   | Pelvic Streching<br>13:10 ~ 14:10 Matsuoka                 | 30                                                                                      |
| 14:00                    | Pilates<br>14:10 ~ 15:10 SACHIKO                               |                                                      |                                                          |                                                  |                                                                                          |                                                | Back stroke Intermediate<br>14:10 ~ 14:40 Kojima                                             |                                                            | 14:00                                                                                   |
| 30                       | Back stroke Intermediate<br>14:40 ~ 15:10 Wajiki               | Body Care<br>14:25 ~ 15:25 Shibuya                   | Individual Medley Intermediate<br>14:40 ~ 15:10 Tsutsui  | Freestyle Basic<br>14:20 ~ 15:20 Iuchi           | Crawl Beginner<br>14:40 ~ 15:10 Yamamoto                                                 | STEP Beginner<br>14:25 ~ 15:10 Iguchi          | Individual Medley<br>Advanced<br>14:50 ~ 15:35 Kojima                                        | Hi-Lo Combo<br>Pre-Intermediate<br>14:20 ~ 15:20 Matsuoka  | Swim with Fin Beginner<br>15:00 ~ 15:30 Kojima                                          |
| 15:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 30                       | Yoga<br>15:20 ~ 16:20 SACHIKO                                  | Latin Dance Start<br>15:35 ~ 16:05 Sasaki Luis       |                                                          | Low Impact<br>Beginner<br>15:30 ~ 16:30 Chounan  |                                                                                          | MOSSA Group Fight®<br>15:20 ~ 16:20 ZAKI       |                                                                                              | Ballet Beginner<br>15:30 ~ 16:30 Endo Wakiko<br>Capacity12 | Breast stroke Intermediate<br>15:40 ~ 16:10 Kojima                                      |
| 16:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 30                       | BODY ART Training<br>16:30 ~ 17:30 Sano                        | Latin Dance<br>16:15 ~ 17:15 Sasaki Luis             |                                                          | Yoga<br>16:40 ~ 17:40 MAYA                       |                                                                                          |                                                |                                                                                              |                                                            | 17:00                                                                                   |
| 17:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 18:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 18:00                                                                                   |
| 30                       | ZUMBA®<br>18:15 ~ 19:15 Shinmura                               | Yoga<br>18:20 ~ 19:20 Suzuki                         | Butterfly Pre-Advanced<br>19:00 ~ 19:30 Mori             | Pilates<br>18:10 ~ 19:10 Kawamitsu               | Back stroke Beginner<br>19:00 ~ 19:30 Nohara                                             | Jazz Dance<br>18:05 ~ 18:50<br>Matsumoto Yuka  | Crawl Beginner<br>17:40 ~ 18:10 Sato(Aya)<br>Back stroke Beginner<br>18:20 ~ 18:50 Sato(Aya) | Strike Boxing<br>18:05 ~ 18:50<br>BRAFT MATSU              | 30                                                                                      |
| 19:00                    | Crawl Beginner<br>19:00 ~ 19:30 Ota                            |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 19:00                                                                                   |
| 30                       | Low Impact<br>Pre-Intermediate<br>19:25 ~ 20:10 Hirano Keima   | ZUMBA®<br>19:30 ~ 20:30 ANNA                         | Long-Distance Swimming<br>Advanced<br>19:40 ~ 20:25 Mori | UBOUND®<br>19:25 ~ 20:10 Chikama<br>Capacity15   | Crawl Beginner<br>19:40 ~ 20:10 Nohara                                                   |                                                | Aqua Dance<br>19:00 ~ 19:30 Tina<br>Hydro Training<br>19:40 ~ 20:10 Tina<br>Capacity14       | Yoga<br>19:00 ~ 19:45 Yuta                                 | 30                                                                                      |
| 20:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 20:00                                                                                   |
| 30                       | Yoga<br>20:35 ~ 21:25 Comari                                   | RADICAL POWER®<br>20:45 ~ 21:30<br>Kayama Naoki      |                                                          | Yoga<br>20:25 ~ 21:25 ERIKA                      |                                                                                          | UBOUND®<br>20:25 ~ 21:10 Shimada<br>Capacity15 |                                                                                              | MEGADANZ®<br>19:55 ~ 20:55 Syu                             | 30                                                                                      |
| 21:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 21:00                                                                                   |
| 30                       |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 22:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 22:00                                                                                   |
| 30                       |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 30                                                                                      |
| 23:00                    |                                                                |                                                      |                                                          |                                                  |                                                                                          |                                                |                                                                                              |                                                            | 23:00                                                                                   |

2025. December AKASAKA



| 土 Saturday<br>6, 13, 20, 27                                                                                                 |                                                             | 日 Sunday<br>7, 14, 21, 28                                                                                                                               |                                                 |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| スタジオ                                                                                                                        | プール                                                         | スタジオ                                                                                                                                                    | プール                                             |
| 7:00                                                                                                                        |                                                             |                                                                                                                                                         |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| 8:00                                                                                                                        |                                                             | Pilates<br>8:00 ~ 9:00 Sato                                                                                                                             |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| 9:00                                                                                                                        | Yoga<br>8:30 ~ 9:30 Tetsuya                                 | SPINEFITTER<br>9:15 ~ 9:45 Staff<br>Capacity10                                                                                                          |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| 10:00                                                                                                                       | Crawl Beginner<br>10:00 ~ 10:30 Nohara                      | Yoga<br>10:00 ~ 11:00 Umeda                                                                                                                             | Aquatic Walking<br>10:00 ~ 10:30 Ota            |
| 30                                                                                                                          | Shape up walk<br>Pre-Intermediate<br>10:30 ~ 11:30 Matsuoka |                                                                                                                                                         | Crawl Beginner<br>10:40 ~ 11:10 Ota             |
| 11:00                                                                                                                       | Aquabics<br>10:50 ~ 11:20 Tsujimoto                         | Shape up walk<br>Pre-Intermediate<br>11:10 ~ 12:10 Chounan                                                                                              | Breast stroke Introductory<br>11:20 ~ 11:50 Ota |
| 30                                                                                                                          | Shape Up Walking<br>11:30 ~ 12:00 Tsujimoto                 |                                                                                                                                                         |                                                 |
| 12:00                                                                                                                       | Conditioning Stretching<br>11:45 ~ 12:35 Matsuoka           | Pilates<br>12:20 ~ 13:20 Kaori                                                                                                                          | Aqua Dance<br>13:00 ~ 13:45 ★TAM★               |
| 30                                                                                                                          | Aquabics<br>12:10 ~ 12:40 Tsujimoto                         |                                                                                                                                                         |                                                 |
| 13:00                                                                                                                       | ZUMBA®<br>12:45 ~ 13:45 ANNA                                | SALSATION®<br>13:35 ~ 14:35 Kimie                                                                                                                       |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| 14:00                                                                                                                       | SPINEFITTER<br>13:55 ~ 14:25 Staff                          | MOSSA Group Fight®<br>14:45 ~ 15:30<br>Tamaki Akira                                                                                                     |                                                 |
| 30                                                                                                                          | Low Impact<br>Beginner<br>14:40 ~ 15:40 Ogawa               | UBOUND®<br>15:45 ~ 16:30 Chounan<br>Capacity15                                                                                                          |                                                 |
| 15:00                                                                                                                       | Breast stroke Introductory<br>14:40 ~ 15:10 Mori            |                                                                                                                                                         |                                                 |
| 30                                                                                                                          | TechnicalClass<br>15:20 ~ 15:50 Mori                        | Yoga<br>16:45 ~ 17:45 Suzuki                                                                                                                            |                                                 |
| 16:00                                                                                                                       | Pilates<br>15:55 ~ 16:55 Natsumi                            |                                                                                                                                                         |                                                 |
| 30                                                                                                                          | Crawl Pre-Advanced<br>16:00 ~ 16:30 Mori                    |                                                                                                                                                         |                                                 |
| 17:00                                                                                                                       | Long-Distance Swimming<br>Advanced<br>16:40 ~ 17:25 Mori    |                                                                                                                                                         |                                                 |
| 30                                                                                                                          | Yoga<br>17:05 ~ 18:05 Natsumi                               |                                                                                                                                                         |                                                 |
| 18:00                                                                                                                       |                                                             |                                                                                                                                                         |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| 19:00                                                                                                                       |                                                             |                                                                                                                                                         |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| 20:00                                                                                                                       |                                                             |                                                                                                                                                         |                                                 |
| 30                                                                                                                          |                                                             |                                                                                                                                                         |                                                 |
| <b>◆Capacity</b><br><b>STUDIO : 21</b><br><b>POOL (swim) : 8</b><br><b>POOL (Long swim) :10</b><br><b>POOL (other) : 16</b> |                                                             | Please book a lesson from application<br>Reservations can only be made by the person.<br>Reservations can be made 3 hours<br>before the program starts. |                                                 |



## December close day

Shibuya

Yokohama

Akasaka

Roppongi

30th (Tue) and 31st (Wed)

Ichigaya

Closed on the 29th (Mon)



## Pay Program

### Walking School

2 times /month ¥ 2,640tax in  
3 times /month ¥ 3,960tax in  
4 times /month ¥ 5,280tax in  
5times /month ¥ 6,600tax in

| Day | Class Hours | Instructor | Class Title     | Course Outline                               |
|-----|-------------|------------|-----------------|----------------------------------------------|
| Fri | 11:15~12:00 | Ota        | Aquatic Walking | Walking and stretching with the core in mind |



〒107-0052 Sumitomo Fudosan Aoyama Building.nisikan B1F, 8-5-26  
Akasaka , Minato-Ku, Tokyo  
TEL/03-3405-1177

'Opening hours Mon.-Fri. 7:00am~23:00pm  
Sat. 7:00am~21:00pm  
Sun. and holiday.7:00am~20:00pm

LINE 公式アカウント

赤坂店のレッスン代行・変更・休館日など  
最新のお知らせをお届けいたします。



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



※tax-included price