

月 Monday 1, 8, 15, 22		火 Tuesday 2, 9, 16		水 Wednesday 3, 10, 17		木 Thursday 4, 11, 18		金 Friday 5, 12, 19	
STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM
7:00									7:00
30									30
8:00	Pilates Stretch 7:50 ~ 8:50 Ogawa	Pilates~Reformer~ 7:45 ~ 8:30 Kaori [Small group] Capacity6		Yoga 7:50 ~ 8:50 Masuda		Yoga 7:50 ~ 8:50 Watanabe		Pilates 7:50 ~ 8:50 KEIKO	8:00
30									30
9:00	Low Impact Beginner 9:05 ~ 10:05 Ogawa	Yoga 8:50 ~ 9:50 Kurihara Yuri							9:00
30									30
10:00	Yoga 10:25 ~ 11:25 Yuji	Technical Class-Mat Pilates- 10:10 ~ 10:40 Ogawa Capacity6		Technical Class -Shape Up Walk- 9:30 ~ 10:00 Chounan Capacity6		Technical Class -Low Impact- 9:50 ~ 10:20 Nagashima Capacity6		Body Care 9:10 ~ 10:10 Shibuya	10:00
30								Short Training 10:20 ~ 10:40 Sakurai	30
11:00		Dumbbell Shape Up 10:55 ~ 11:55 Ogawa		Shape Up Walk Pre-Intermediate 10:15 ~ 11:15 Chounan		Low Impact Beginner 10:30 ~ 11:30 Nagashima		Low Impact Beginner 10:50 ~ 11:50 Sakurai	11:00
30									30
12:00	Vocarhythm Premium voice 11:35 ~ 12:35 Tamazawa			Pilates 11:30 ~ 12:30 Shiozawa Yu		Yoga 11:45 ~ 12:45 AI		Yoga 12:00 ~ 13:00 Sakurai	12:00
30		ZUMBA® 12:10 ~ 13:10 Syu							30
13:00	Pelvic Stretch 12:50 ~ 13:50 Harada Kyo			UBOUND® 12:50 ~ 13:35 Chounan Capacity15		Function Improvement Exercise 13:00 ~ 14:00 Sakurai		Pelvis@Flow Dance 13:20 ~ 14:05 Miyoshi	13:00
30		Low Impact Beginner 13:20 ~ 14:20 Chounan							30
14:00	Technical Class- Fight Combination- 14:05 ~ 14:20 EIJICHI Capacity6			Pilates~Reformer~ 13:55 ~ 14:55 Fukushima [Small group] Capacity6		UBOUND® 14:15 ~ 15:00 RITO Capacity15		Low Impact Pre-Intermediate 14:25 ~ 15:25 Masui	14:00
30	MOSSA Group Fight® 14:25 ~ 15:10 EIICHI	Pelvic Total Care 14:30 ~ 15:15 Chounan							30
15:00	Street Dance Start 15:20 ~ 15:50 Kitani			Ballet Beginner 15:20 ~ 16:20 Endou Wakiko		Street Dance 15:15 ~ 16:15 Kitani		Technical Class -Low Impact Beginner- 15:35 ~ 16:05 Masui Capacity6	15:00
30		TOP RIDE® 15:35 ~ 16:20 Suzuki Yu Capacity10		Ballet-Review Class- 16:30 ~ 17:00 Endou Wakiko					30
16:00	Street Dance 16:00 ~ 17:00 Kitani								16:00
30		Yoga 17:00 ~ 18:00 Shino		Weekly Lesson 17:20 ~ 18:05 Studio Instructor		Pilates~Reformer~ 16:45 ~ 17:30 Kaori [Small group] Capacity6			30
17:00	Yoga 17:10 ~ 17:55 Kurihara Yuri								17:00
30									30
18:00	Pilates~Reformer~ 18:15 ~ 19:00 Fukushima [Small group] Capacity6	Technical Class -Low Impact Beginner- 18:10 ~ 18:40 Masui Capacity6		Yoga 18:25 ~ 19:25 Takaiwa		Pelvis@Flow Dance 17:50 ~ 18:50 Miyoshi		Technical Class-yoga- 17:35 ~ 18:05 Shino Capacity6	18:00
30								Yoga 18:15 ~ 19:15 Shino	30
19:00		Low Impact Beginner 18:50 ~ 19:30 Masui							19:00
30									30
20:00	Pilates~Reformer~ 19:10 ~ 19:55 Fukushima [Small group] Capacity6	Body Make 19:40 ~ 20:00 Masui		Strike Boxing 19:40 ~ 20:25 BRAFT Moriyama Capacity10		Yoga 19:10 ~ 20:10 Fukuda		UBOUND® 19:35 ~ 20:20 Kayama Naoaki Capacity15	20:00
30		MOSSA Group Groove® 20:10 ~ 20:55 HIDE							30
21:00	Strike Boxing 20:15 ~ 21:05 BRAFT Kakutani Capacity10			MOSSA Group Fight® 20:40 ~ 21:40 EIICHI		TOP RIDE® 20:30 ~ 21:15 Suzuki Yu Capacity10		MOSSA Group Fight® 20:40 ~ 21:40 REO	21:00
30		Dance Aerobics 21:05 ~ 21:50 HIDE							30
22:00	TOP RIDE® 21:25 ~ 21:55 Matsushima PILAR Capacity10								22:00
30									30

± Saturday 6, 13, 20		日 Sunday 7, 14, 21	
STUDIO	GYM	STUDIO	GYM
7:00			
30			
8:00	Yoga 7:40 ~ 8:40 Noa	Yoga 7:50 ~ 8:50 Umeda	
30			
9:00	Pilates~Reformer~ 9:00 ~ 9:45 Shiraki Tomoko [Small group] Capacity6	TOP RIDE® 9:10 ~ 9:40 Radical Instructor Capacity10	
30			
10:00	Technical Class-Low Impact- 10:05 ~ 10:35 Shinmura Capacity6	Yoga 10:05 ~ 11:05 Fukuda	
30			
11:00	Low Impact Beginner 10:45 ~ 11:25 Shinmura		
30			
12:00	ZUMBA® 11:35 ~ 12:20 Shinmura	ZUMBA® 11:25 ~ 12:25 Kana	
30			
13:00	Yoga 12:30 ~ 13:30 Nagashima Izumi	UBOUND® 12:45 ~ 13:30 MANA Capacity15	
30			
14:00	Dumbbell Shape Up 13:45 ~ 14:45 Chounan	BtoB 13:50 ~ 14:50 Yoshimura	
30			
15:00	UBOUND®-Element- 15:05 ~ 15:20 Chounan UBOUND® 15:20 ~ 16:05 Chounan Capacity15	Street Dance 15:10 ~ 16:10 oda-nobu	
30			
16:00	ZUMBA® 16:20 ~ 17:20 Kawakami	Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira Capacity6	
30			
17:00	TOP RIDE® 17:40 ~ 18:25 Radical Instructor Capacity10	MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira	
30			
18:00	Latin Dance 18:45 ~ 19:45 Sasaki Luis	MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira Capacity10	
30			
19:00			
20:00			
30			

◆Capacity
STUDIO : 20

Please book a lesson from application.
Reservations can only be made by the person.
Reservations can be made 90 min before the program starts.



December close day

Shibuya

Yokohama

Akasaka

Roppongi

30th (Tue) and 31st (Wed)

Ichigaya

Closed on the 29th (Mon)



Lesson Mark



This program provides lessons in extraordinary space using projected images.



Introduction of Heart rate Measurement System.
Exercise intensity and calorie consumption can be checked at a glance.



〒162-0845 SumitomoichigayaBuilding 1F, 1-1, Ichigayahonmura-choyo Shinjuku-Ku, Tokyo

TEL/03-3269-8799

*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

市ヶ谷店のレッスン代行・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



月 Monday 10, 17		火 Tuesday 4, 11, 18, 25		水 Wednesday 5, 12, 19, 26		木 Thursday 13, 20, 27		金 Friday 7, 14, 21, 28			
STUDIO		GYM		STUDIO		GYM		STUDIO		GYM	
7:00										7:00	
30										30	
8:00		Pilates Stretch 7:50 ~ 8:50 Ogawa		Pilates~Reformer~ 7:45 ~ 8:30 Kaori [Small group] Capacity6		Yoga 7:50 ~ 8:50 Masuda		Yoga 7:50 ~ 8:50 Watanabe		Pilates 7:50 ~ 8:50 KEIKO	
30										30	
9:00		Low Impact Beginner 9:05 ~ 10:05 Ogawa		Yoga 8:50 ~ 9:50 Kurihara Yuri						Body Care 9:10 ~ 10:10 Shibuya	
30										30	
10:00		Yoga 10:25 ~ 11:25 Yuji		Technical Class-Mat Pilates- 10:10 ~ 10:40 Ogawa Capacity6		Technical Class -Shape Up Walk- 9:30 ~ 10:00 Chounan Capacity6		Technical Class -Low Impact- 9:50 ~ 10:20 Nagashima Capacity6		Short Training 10:20 ~ 10:40 Sakurai	
30										30	
11:00		Vocarhythm Premium voice 11:35 ~ 12:35 Tamazawa		Dumbbell Shape Up 10:55 ~ 11:55 Ogawa		Shape Up Walk Pre-Intermediate 10:15 ~ 11:15 Chounan		Low Impact Beginner 10:30 ~ 11:30 Nagashima		Low Impact Beginner 10:50 ~ 11:50 Sakurai	
30										30	
12:00		Pelvic Stretch 12:50 ~ 13:50 Harada Kyo		ZUMBA® 12:10 ~ 13:10 Syu		Pilates 11:30 ~ 12:30 Shiozawa Yu		Yoga 11:45 ~ 12:45 AI		Yoga 12:00 ~ 13:00 Sakurai	
30										30	
13:00		Pelvic Stretch 12:50 ~ 13:50 Harada Kyo		Low Impact Beginner 13:20 ~ 14:20 Chounan		UBOUND® 12:50 ~ 13:35 Chounan Capacity15		Function Improvement Exercise 13:00 ~ 14:00 Sakurai		Pelvis®Flow Dance 13:20 ~ 14:05 Miyoshi	
30										30	
14:00		Technical Class- Fight Combination- 14:05 ~ 14:20 EIICHI Capacity6		Pelvic Total Care 14:30 ~ 15:15 Chounan		Pilates~Reformer~ 13:55 ~ 14:55 Fukushima [Small group] Capacity6		UBOUND® 14:15 ~ 15:00 RITO Capacity15		Low Impact Pre-Intermediate 14:25 ~ 15:25 Masui	
30										30	
15:00		MOSSA Group Fight® 14:25 ~ 15:10 EIICHI						Street Dance 15:15 ~ 16:15 Kitani		Technical Class -Low Impact Beginner- 15:35 ~ 16:05 Masui Capacity6	
30										30	
16:00		Street Dance Start 15:20 ~ 15:50 Kitani		TOP RIDE® 15:35 ~ 16:20 Suzuki Yu Capacity10		Ballet Beginner 15:20 ~ 16:20 Endou Wakiko					
30						Ballet-Review Class- 16:30 ~ 17:00 Endou Wakiko				30	
17:00		Street Dance 16:00 ~ 17:00 Kitani						Pilates~Reformer~ 16:45 ~ 17:30 Kaori [Small group] Capacity6			
30										30	
18:00		Yoga 17:10 ~ 17:55 Kurihara Yuri		Yoga 17:00 ~ 18:00 Shino		Weekly Lesson 17:20 ~ 18:05 Studio Instructor		Pelvis®Flow Dance 17:50 ~ 18:50 Miyoshi		Technical Class-yoga- 17:35 ~ 18:05 Shino Capacity6	
30						AthiFit 17:40 ~ 18:00 Staff Capacity4				30	
19:00		Pilates~Reformer~ 18:15 ~ 19:00 Fukushima [Small group] Capacity6		Technical Class -Low Impact Beginner- 18:10 ~ 18:40 Masui Capacity6		Yoga 18:25 ~ 19:25 Takaiwa		Yoga 17:50 ~ 18:50 Miyoshi		Yoga 18:15 ~ 19:15 Shino	
30										30	
20:00		Pilates~Reformer~ 19:10 ~ 19:55 Fukushima [Small group] Capacity6		Low Impact Beginner 18:50 ~ 19:30 Masui		Weekly Lesson 19:40 ~ 20:40 Studio Instructor		Yoga 19:10 ~ 20:10 Fukuda		UBOUND® 19:35 ~ 20:20 Kayama Naoaki Capacity15	
30										30	
21:00		Strike Boxing 20:15 ~ 21:05 BRAFT Kakutani Capacity10		Body Make 19:40 ~ 20:00 Masui				TOP RIDE® 20:30 ~ 21:15 Suzuki Yu Capacity10		MOSSA Group Fight® 20:40 ~ 21:40 REO	
30										30	
22:00		TOP RIDE® 21:25 ~ 21:55 Matsushima Capacity10		MOSSA Group Groove® 20:10 ~ 20:55 HIDE		MOSSA Group Fight® 21:00 ~ 22:00 EIICHI					
30										30	

土 Saturday 1, 8, 15, 22, 29		日 Sunday 2, 9, 16, 23, 30	
STUDIO	GYM	STUDIO	GYM
7:00			
30			
8:00	Yoga 7:40 ~ 8:40 Noa	Yoga 7:50 ~ 8:50 Umeda	
30			
9:00	Pilates~Reformer~ 9:00 ~ 9:45 Shiraki Tomoko [Small group] Capacity6	TOP RIDE® 9:10 ~ 9:40 Radical Instructor Capacity10	
30			
10:00	Technical Class-Low Impact- 10:05 ~ 10:35 Shinmura Capacity6	Yoga 10:05 ~ 11:05 Fukuda	
30			
11:00	Low Impact Beginner 10:45 ~ 11:25 Shinmura		
30			
12:00	ZUMBA® 11:35 ~ 12:20 Shinmura	ZUMBA® 11:25 ~ 12:25 Kana	
30			
13:00	Yoga 12:30 ~ 13:30 Nagashima Izumi	UBOUND® 12:45 ~ 13:30 MANA Capacity15	
30			
14:00	Dumbbell Shape Up 13:45 ~ 14:45 Chounan	BtoB 13:50 ~ 14:50 Yoshimura	
30			
15:00	UBOUND®-Element- 15:05 ~ 15:20 Chounan UBOUND® 15:20 ~ 16:05 Chounan Capacity15	Street Dance 15:10 ~ 16:10 oda-nobu	
30			
16:00	ZUMBA® 16:20 ~ 17:20 Kawakami	Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira Capacity6	
30			
17:00	TOP RIDE® 17:40 ~ 18:25 Radical Instructor Capacity10	MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira	
30			
18:00	Latin Dance 18:45 ~ 19:45 Sasaki Luis	MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira Capacity10	
30			
19:00			
20:00			
30			

◆Capacity
STUDIO : 20

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Reservations can be made 90 min before the program starts.



November close day

Shibuya

5 th(Wed)

Ichigaya

6 th(Thu)

Akasaka

9 th(Sun)

Yokohama

8 th(Sat)

Roppongi

8 th(Sat)



Lesson Mark



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Exercise intensity and calorie consumption can be checked at a glance.



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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

