

	月 Monday 1, 8, 15, 22			火 Tuesday 2, 9, 16, 23			水 Wednesday 3, 10, 17, 24			木 Thursday 4, 11, 18, 25			金 Friday 5, 12, 19, 26		
	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
7:00															
8:00				Yoga 7:30 ~ 8:30 TOMOKO											
9:00	Yoga 9:30 ~ 10:30 Abe	Salsa Shine 10:00 ~ 11:00 Tsutsumi	Aquatics 9:30 ~ 10:00 AKANE	Hula 9:30 ~ 10:30 Suzuki	morning Stretching 9:40 ~ 10:10 Inoue	Back stroke introductory 9:20 ~ 9:50 Fujiwara	Yoga 8:45 ~ 9:45 Yukiko	Tai-Chi 8:45 ~ 9:45 Konno					Hula 8:45 ~ 9:45 AKIKO		
10:00	Conditioning Stretching 10:45 ~ 11:15 Kuramochi Nanami		Stretch&Walking 10:10 ~ 10:40 AKANE		Jazz Dance Conditioninig 10:25 ~ 11:25 Harada Kyo	Breath stroke beginner 10:40 ~ 11:10 Fujiwara	BtoB 10:00 ~ 11:00 Tsunoda	Pilatis 10:00 ~ 11:00 Matsuoka	Crawl introductory 10:40 ~ 11:10 Ogawa	Lymph Stretching 9:45 ~ 11:00 Tsutsumi	Yoga 9:20 ~ 10:35 Inoue	Aquatics 9:15 ~ 9:45 Niino	Yoga 10:00 ~ 11:00 Suzuki	Hula 10:00 ~ 11:00 Kondo	Aquatics 10:00 ~ 10:45 Inaba
11:00	Low Impact Beginner 11:30 ~ 12:15 Kuramochi Nanami	Salsa 11:15 ~ 12:15 Tsutsumi		Yoga 10:45 ~ 11:45 Inoue			Sintex@Hip Joint Conditioninig 11:15 ~ 12:15 Ogata	Shape Up Walk Pre-Intetmediate 11:15 ~ 12:15 Matsuoka	Crawl introductory~beginner 11:20 ~ 11:50 Ogawa	Latin Dance Beginner 11:15 ~ 12:30 Tsutsumi	Tai-Chi 10:50 ~ 11:50 Abe	Breath strokeI introductory~beginner 10:40 ~ 11:10 Fujiwara	ZUMBA@ 11:20 ~ 12:05 Higuchi	Yoga 11:25 ~ 12:25 Misuzu	Crawl beginner 11:20 ~ 11:50 Iwaida
12:00	UBOUND@ 12:45 ~ 13:30 Yonedu	Lymph Stretching 12:30 ~ 13:30 Tsutsumi	Four stroke beginner class 12:45 ~ 13:45 Mori	Dance Fit 12:45 ~ 13:30 Meru	BtoB 12:50 ~ 13:50 Saito Yukari		Sintex@ Cardio&Tone 12:30 ~ 13:15 Ogata	Ballroom Dancing 12:30 ~ 13:30 Mizuguchi	Four stroke intermediate class 12:40 ~ 13:40 Ogawa	Latin Aerobics 12:45 ~ 14:00 Tsutsumi	Belly Dance intoroductory 12:05 ~ 13:05 Mai		Low Impact Beginner 12:30 ~ 13:30 Hiroshima	Yoga 12:40 ~ 13:55 Misuzu	Back stroke beginner 12:40 ~ 13:40 Iwaida
13:00	LesMills™ BODYCOMBAT 13:45 ~ 14:30 Anno Takashi	Street Dance 13:45 ~ 14:45 oda-nobu	Aquatics 13:50 ~ 14:20 Inaba	RITMOS@ 13:45 ~ 14:45 Meru	Pilatis 14:15 ~ 15:15 KEIKO	Back stroke pre-Advanced 13:45 ~ 14:15 Hosoi	Low Impact Beginner 13:50 ~ 14:50 aerobics instructor	Yoga 13:45 ~ 14:45 fujico	Crawl intermediate 13:50 ~ 14:20 Ogawa	Improve Balance 14:15 ~ 15:15 Shibuya	Belly Dance 13:20 ~ 14:20 Mai	Technical class ~stroke~ 13:30 ~ 14:15 Uchida	Waist Shepe UP & Stretching 13:45 ~ 14:30 Hiroshima	Yoga 14:30 ~ 15:30 Misuzu	Crawl&Breath stroke pre-intermediate class 12:40 ~ 13:40 Iwaida
14:00	Sintex@ Cardio&Tone 14:50 ~ 15:50 Saotome	Vocarhythm 15:00 ~ 16:00 Katayama	Back stroke intermediate 15:05 ~ 15:35 Mori	SALSATION@ 15:00 ~ 16:00 Kimie			Functional Improvement Exercises 15:00 ~ 15:30 aerobics instructor	Balletone@ 15:00 ~ 15:45 fujico		Strong Nation™ 15:30 ~ 16:30 Furukawa Mari Capacity 14	Low Impact Beginner 14:45 ~ 15:45 Chounan	Aqua Combat 14:45 ~ 15:15 Tina	Functional Improvement Exercises 14:45 ~ 15:30 Hiroshima	Sintex@Hip Joint Conditioninig 14:30 ~ 15:30 Ogata	Crawl intermediate 13:50 ~ 14:35 Hosoi
15:00	Improve Balance 16:05 ~ 17:05 Shibuya		Back stroke pre-Advanced 15:40 ~ 16:10 Mori					ROLL YOGA@ 16:00 ~ 17:00 MAYU Capacity 6	Aquatics 15:30 ~ 16:15 Niino		Functional Improvement Exercises 16:00 ~ 16:45 Chounan	Aqua Dance 15:30 ~ 16:00 Tina	UBOUND@ 15:45 ~ 16:45 MURA	Sintex@ Cardio&Tone 15:45 ~ 16:45 Ogata	
16:00			Long-Distance swimming 16:20 ~ 16:50 Mori												
17:00				Kenbiso 17:15 ~ 18:15 Fujiwara											
18:00	ZUMBA@ 18:30 ~ 19:30 Yuko	Yoga 18:30 ~ 19:30 Fukuda	Conditioning Walking 19:10 ~ 19:30 Tsujimoto	Pervic Stretching 18:30 ~ 19:30 Fujiwara		Butterfly stroke introductory~beginner 19:00 ~ 19:30 Hosoi		JAZZ DANCE 19:00 ~ 20:00 KEIKO		Pervic Yoga 18:30 ~ 19:30 MAYU			Pervic Yoga 18:30 ~ 19:30 TOMOKO	Back stroke beginner 18:20 ~ 18:50 Hosoi	
19:00	MOSSA GroupFight@ 19:45 ~ 20:30 Tsubasa	HIPHOP 19:45 ~ 20:45 Ippai	Aquatics 19:40 ~ 20:10 Tsujimoto	MOSSA GroupFight@ 20:00 ~ 20:45 MOSSA instructor	Dance Aerobics 19:45 ~ 20:45 Matsumoto Kaya	Back stroke pre-intermediate 19:40 ~ 20:10 Hosoi	MOSSA GroupBlast@ 20:00 ~ 20:45 Tamaki Akira	Contemporary Dance 20:15 ~ 21:15 KEIKO		MOSSA GroupPower@ 19:45 ~ 20:45 REO	ZUMBA@ 19:40 ~ 20:40 Kana	Slim up body 19:30 ~ 20:00 *TAM*	SALSATION@ 19:45 ~ 20:45 Hamaguchi Kazumi		
20:00		HIPHOP 21:00 ~ 22:00 Ippai		MOSSA GroupCentergy@ 21:00 ~ 22:00 Matsumoto Kaya						UBOUND@ 21:00 ~ 21:45 Kana					
21:00															
22:00															

± Saturday 6, 13, 20, 27			日 Sunday 7, 14, 21, 28		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
8:00					
30					
Yoga 8:40 ~ 9:40 Suzuki					
9:00					
30					
Pervic Stretching 9:55 ~ 10:55 Fujiwara	Jazz Dance Conditioning 10:00 ~ 11:00 Matsumoto Yuka	<small>Crawl introductory~beginner 10:00 ~ 10:30 Hosoi</small>	LesMills™ BODYPUMP 10:00 ~ 11:00 Ota Soshi	Yoga 9:45 ~ 10:45 MARI	<small>Back stroke introductory~beginner 10:00 ~ 10:30 Uchida</small>
11:00					
30					
Scapula Yoga 11:10 ~ 12:10 Fujiwara	Dance Aerobics 11:15 ~ 12:15 Matsumoto Yuka		LesMills™ BODYATTACK 11:20 ~ 12:05 Ota Soshi	ZUMBA® 11:15 ~ 12:15 Kenji	
12:00					
30					
BtoB 12:25 ~ 13:25 chihiro	Belly Dance introductory 12:30 ~ 13:30 Mana	<small>Back stroke pre-intermediate 12:30 ~ 13:00 Hosoi</small>	Yoga 12:45 ~ 13:45 Misuzu	Contemporary Dance 13:00 ~ 14:00 AraoYurika	<small>Butterfly stroke pre-intermediate 12:30 ~ 13:00 Uchida</small>
13:00					
30					
UBOUND® 13:40 ~ 14:40 Yonedu	Belly Dance 13:45 ~ 14:45 Mana		Jazz Dance 14:15 ~ 15:15 AraoYurika	Yoga 14:15 ~ 15:15 Misuzu	<small>Aquabics 13:35 ~ 14:05 Tsujimoto</small>
14:00					
30					
ZUMBA® 14:55 ~ 15:55 Kei	Yoga 15:00 ~ 16:00 YOKO		Pilatis 15:30 ~ 16:30 Misuzu	BtoB 15:30 ~ 16:30 chihiro	<small>Shape Up Walking 14:15 ~ 14:30 Tsujimoto</small>
15:00					
30					
Hi-Low Combo Pre-Intermediate 16:10 ~ 17:10 aerobics instructor	Pilatis 16:15 ~ 17:15 YOKO	<small>Aqua Combat 15:45 ~ 16:15 *TAM*</small>		Strike Boxing 16:45 ~ 17:35 kaji	<small>Aquabics 14:40 ~ 15:10 Tsujimoto</small>
16:00					
30					
MOSSA GroupBlast® 17:30 ~ 18:30 Tamaki Akira		<small>Aqua Dance 16:30 ~ 17:00 *TAM*</small>			
17:00					
30					
MOSSA GroupFight® 18:45 ~ 19:45 Tamaki Akira					
18:00					
30					
19:00					
30					
20:00					
30					

◆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.



December close day

Shibuya **Yokohama** **Akasaka** **Roppongi**

30th (Tue) and 31st (Wed)

Ichigaya Closed on the 29th (Mon)



Swim Class

※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	12:40~13:40	Ogawa	Four stroke intermediate
Fri	12:40~13:40	Iwaida	Crawl stroke & Breath stroke pre-intermediate



Swim Challenge

Not available this month.



〒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

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。

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 6, 13, 20, 27			金 Friday 7, 14, 21, 28			
	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL	
7:00																
7:30																
8:00																
8:30																
9:00																
9:30																
10:00	Yoga 9:30 ~ 10:30 Abe	Salsa Shine 10:00 ~ 11:00 Tsutsumi	Aquabics 9:30 ~ 10:00 AKANE	Hula 9:30 ~ 10:30 Suzuki	morning Stretching 9:40 ~ 10:10 Inoue	Butterfly stroke introductory 9:20 ~ 9:50 Fujiwara	Yoga 8:45 ~ 9:45 Yukiko	Tai-Chi 8:45 ~ 9:45 Konno		Lymph Stretching 9:45 ~ 11:00 Tsutsumi	Yoga 9:20 ~ 10:35 Inoue	Aquabics 9:15 ~ 9:45 Niino	Hula 8:45 ~ 9:45 AKIKO			
10:30	Conditioning Stretching 10:45 ~ 11:15 Kuramochi Nanami		Stretch&Walking 10:10 ~ 10:40 AKANE									Aqua Dance 9:55 ~ 10:25 Niino				
11:00	Low Impact Beginner 11:30 ~ 12:15 Kuramochi Nanami	Salsa 11:15 ~ 12:15 Tsutsumi		Yoga 10:45 ~ 11:45 Inoue	Jazz Dance Conditioninig 10:25 ~ 11:25 Harada Kyo	Back stroke beginner 10:40 ~ 11:10 Fujiwara					Tai-Chi 10:50 ~ 11:50 Abe	Back stroke introductory~beginner 10:40 ~ 11:10 Fujiwara	Yoga 10:00 ~ 11:00 Suzuki	Hula 10:00 ~ 11:00 Kondo	Aquabics 10:00 ~ 10:45 Inaba	
11:30												Butterfly stroke beginner 11:20 ~ 11:50 Fujiwara				
12:00																
12:30																
13:00	UBOUND® 12:45 ~ 13:30 Yonedu	Lymph Stretching 12:30 ~ 13:30 Tsutsumi	Four stroke beginner class 12:45 ~ 13:45 Mori	Dance Fit 12:45 ~ 13:30 Meru	BtoB 12:50 ~ 13:50 Saito Yukari		Sintex® Cardio&Tone 12:30 ~ 13:15 Ogata	Ballroom Dancing 12:30 ~ 13:30 Mizuguchi	Four stroke Intermediate class 12:40 ~ 13:40 Ogawa		Latin Dance Beginner 11:15 ~ 12:30 Tsutsumi	Belly Dance intoroductory 12:05 ~ 13:05 Mai				
13:30																
14:00	LesMills™ BODYCOMBAT 13:45 ~ 14:30 Anpo Takashi	Street Dance 13:45 ~ 14:45 oda-nobu	Aquabics 13:50 ~ 14:20 Inaba	RITMOS® 13:45 ~ 14:45 Meru		Butterfly stroke pre-Advanced 13:45 ~ 14:15 Hosoi	Low Impact Beginner 13:50 ~ 14:50 Sanjo	Yoga 13:45 ~ 14:45 fujico	Crawl intermediate 13:50 ~ 14:20 Ogawa		Latin Aerobics 12:45 ~ 14:00 Tsutsumi	Belly Dance 13:20 ~ 14:20 Mai	Technical class ~Scaring~ 13:40 ~ 14:25 Uchida	Dumbbell BodyShape 13:45 ~ 14:30 Hiroshima		Crawl pre-Advanced Hosoi
14:30																
15:00	Sintex® Cardio&Tone 14:50 ~ 15:50 Saotome	Vocarhythm 15:00 ~ 16:00 Katayama	Butterfly stroke intermediate 15:05 ~ 15:35 Mori	SALSATION® 15:00 ~ 16:00 Kimie		Start&Turn 14:30 ~ 15:00 Hosoi	Functional Improvement Exercises 15:00 ~ 15:30 Sanjo	Balletone® 15:00 ~ 15:45 fujico	Aquabics 15:30 ~ 16:15 Niino		Improve Balance 14:15 ~ 15:15 Shibuya	Low Impact Beginner 14:45 ~ 15:45 Chounan	Aqua Combat 14:45 ~ 15:15 Tina	Functional Improvement Exercises 14:45 ~ 15:30 Hiroshima	Sintex®Hip Joint Conditioninig 14:30 ~ 15:30 Ogata	
15:30																
16:00	Improve Balance 16:05 ~ 17:05 Shibuya		Long-Distance swimming 16:20 ~ 16:50 Mori					ROLL YOGA® 16:00 ~ 17:00 MAYU			Strong Nation™ 15:30 ~ 16:30 Furukawa Mari Capacity 14	Functional Improvement Exercises 16:00 ~ 16:45 Chounan		UBOUND® 15:45 ~ 16:45 MURA	Sintex® Cardio&Tone 15:45 ~ 16:45 Ogata	
16:30																
17:00																
17:30																
18:00																
18:30																
19:00	ZUMBA® 18:30 ~ 19:30 Yuko	Yoga 18:30 ~ 19:30 Fukuda	Conditioning Walking 19:10 ~ 19:30 Tsujimoto	Pervic Stretching 18:30 ~ 19:30 Fujiwara		Breath stroke introductory~beginner 19:00 ~ 19:30 Hosoi	Yoga 18:45 ~ 19:45 HARUNA	Jazz Dance 19:00 ~ 20:00 KEIKO		Pervic Yoga 18:30 ~ 19:30 MAYU			Pervic Yoga 18:30 ~ 19:30 TOMOKO		Back stroke beginner 18:20 ~ 18:50 Hosoi	
19:30																
20:00	MOSSA GroupFight® 19:45 ~ 20:30 Tsubasa	HIPHOP 19:45 ~ 20:45 Ippei	Aquabics 19:40 ~ 20:10 Tsujimoto	MOSSA GroupPower® 20:00 ~ 20:45 NISHI	Dance Aerobics 19:45 ~ 20:45 Matsumoto Kaya	Butterfly stroke pre-intermediate 19:40 ~ 20:10 Hosoi	MOSSA GroupBlast® 20:00 ~ 20:45 Tamaki Akira	Contemporary Dance 20:15 ~ 21:15 KEIKO		MOSSA GroupPower® 19:45 ~ 20:45 REO	ZUMBA® 19:40 ~ 20:40 Kana	Slim up body 19:30 ~ 20:00 *TAM*	SALSATION® 19:45 ~ 20:45 Hamaguchi Kazumi			
20:30												Aqua Dance 20:15 ~ 20:45 *TAM*				
21:00		HIPHOP 21:00 ~ 22:00 Ippei		MOSSA GroupCentergy® 21:00 ~ 22:00 Matsumoto Kaya			MOSSA GroupFight® 21:00 ~ 22:00 Tamaki Akira			UBOUND® 21:00 ~ 21:45 Kana						
21:30																
22:00																
22:30																

土 Saturday 1, 15, 22, 29			日 Sunday 2, 9, 16, 23		
STUDIO 1	STUDIO 2	POOL	STUDIO 1	STUDIO 2	POOL
9:00 Yoga 8:40 ~ 9:40 Suzuki					
10:00 Pervic Stretching 9:55 ~ 10:55 Fujiwara	Jazz Dance Conditioninig 10:00 ~ 11:00 Matsumoto Yuka	Breath introductory~beginner 10:00 ~ 10:30 Hosoi	10:00 ~ 11:00 LesMills™ BODYPUMP Ota Soshi	9:45 ~ 10:45 Yoga MARI	Butterfly introductory~beginner 10:00 ~ 10:30 Uchida
11:00 Scapula Yoga 11:10 ~ 12:10 Fujiwara	Dance Aerobics 11:15 ~ 12:15 Matsumoto Yuka		11:20 ~ 12:05 LesMills™ BODYATTACK Ota Soshi	11:15 ~ 12:15 ZUMBA® Kenji	
12:00					
13:00 BtoB 12:25 ~ 13:25 chihiro	Belly Dance intoroductory 12:30 ~ 13:30 Mana	Butterfly stroke pre-Advanced 12:30 ~ 13:00 Hosoi	12:45 ~ 13:45 Yoga Misuzu	Contemporary Dance 13:00 ~ 14:00 AraoYurika	Crawl intermediate 12:30 ~ 13:00 Uchida
14:00 UBOUND® 13:40 ~ 14:40 Yonedu	Belly Dance 13:45 ~ 14:45 Mana		14:15 ~ 15:15 Jazz Dance AraoYurika	14:15 ~ 15:15 Yoga Misuzu	Aquabics 13:35 ~ 14:05 Tsujimoto
15:00 ZUMBA® 14:55 ~ 15:55 Kei	Yoga 15:00 ~ 16:00 YOKO		15:30 ~ 16:30 Pilatis Misuzu	15:30 ~ 16:30 BtoB chihiro	Shape Up Walking 14:15 ~ 14:30 Tsujimoto
16:00 Hi-Low Combo Pre-Intermediate 16:10 ~ 17:10 Sanjo	Pilatis 16:15 ~ 17:15 YOKO	Aqua Combat 15:45 ~ 16:15 *TAM*			Aquabics 14:40 ~ 15:10 Tsujimoto
17:00		Aqua Dance 16:30 ~ 17:00 *TAM*		16:45 ~ 17:35 Strike Boxing kaji	
18:00 MOSSA GroupBlast® 17:30 ~ 18:30 Tamaki Akira					
19:00 MOSSA GroupFight® 18:45 ~ 19:45 Tamaki Akira					
20:00					

◆Capacity
STUDIO1 : 15
STUDIO2 : 10
POOL (swim) : 8
POOL (other) : 16

Please book a lesson from application.
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Reservations can be made 3 hours 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)	

Swim Class

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

Capacity max 8 people

Price :

Day of the week	Time	Instructor	Class
Mon	12:45~13:45	Mori	Four stroke beginner
Wed	12:40~13:40	Ogawa	Four stroke intermediate
Fri	12:40~13:40	Iwaida	Crawl stroke & Back stroke pre-intermediate

2times /month ¥2,640
3times /month ¥3,960
4times /month ¥5,280

Swim Challenge

Day of the week	Time	Instructor	Price	Nov	
				3rd	24th
Mon	12:45 ~ 13:45	Mori	¥1,100tax in/60min	Form Check	
Mon	12:30 ~ 13:30	Hosoi	¥1,100tax in/60min		Butterfly stroke intermediate

〒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