2025. 10 — 12　Lesson　Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	
10:00										10:15～10:35 Aqua Exercise			10:00
	10:40～11:10 Stretch	10:30～11:00 Aqua with Float ring	10:30～11:15 Body Shape		10:30～11:20 Pelvic Exercise		10:40～11:30 Mat Pilates				10:45～11:35 Moving Yoga		
11:00	11:20～12:05 Step Aerobics								11:30～12:15 Body Shape				11:00
12:00				12:15～12:45 Artistic Swimming ¥660							12:00～12:50 Mat Pilates		12:00
13:00				13:00～13:30 Aqua Exercise	12:45～13:15 Stretch						13:05～14:05 Jass Dance	13:15～13:45 Aqua Walking ¥440	13:00
			13:30～14:00 Stretch＆Balance		13:30～14:30 Aerobics		14:00～14:30 Stretch						
14:00	14:30～15:30 10/6～11/17 Muscle training ＆Strech								14:25～15:15 BALLE TTONE		14:20～15:10 Ballet Stretch	14:15～14:45 Aqua Exercise	14:00
			14:40～15:30 Mat Pilates	14:45～15:15 Aqua Walking ¥440	14:45～15:15 Exercise with Ball ¥660 10/— 11/19 12/3, 17	14:45～15:15 Aqua with Float Stick							
15:00	12/1～ 14:30～15:30 Strech＆Walking												15:00
16:00													16:00
17:00													17:00
18:00	18:25～19:10 Self-defence Martial Arts	18:45～19:15 Aqua with Float ring	18:30～19:20 Pelvic Exercise		18:30～19:15 Muscle training ＆ Strech		18:30～19:20 BALLE TTONE		18:30～19:20 Body Reset Yoga	18:45～19:15 Aqua Exercise			18:00
19:00			19:30～20:20 ZUMBA		19:30～20:20 Mat Pilates		19:30～20:20 Body make Stretch						19:00
20:00													20:00
21:00													21:00