

2022. 7 — 9 Lesson Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	
10:00													10:00
		10:15~10:45 Aqua Exercise	10:30~11:15 Body Shape		10:30~11:20 Pelvic Exercise		10:20~10:45 Stretch		10:15~10:35 Aqua Exercise	10:15~10:45 Stretch & Balance			
11:00	10:40~11:10 Stretch						10:55~11:20 Stretch				11:00~11:50 Moving Yoga		
	11:20~12:05 Step Aerobics			11:45~12:15 Swimming Intermediate Class ¥550					11:30~12:15 Body Shape				
12:00				12:20~12:50 Artistic Swimming Beginner ¥550							12:10~13:00 Mat Pilates		
			13:00~13:30 Stretch & Balance	13:00~13:30 Aqua Exercise	13:30~14:30 Stretch		13:00~14:00 Fitness Dance						
13:00					13:30~14:30 Basic Aerobics						13:15~14:15 Jass Dance	13:15~13:45 Aqua Walking ¥330	
												14:15~14:45 Aqua Exercise	
14:00	14:30~15:30 Stretch & Walking		14:40~15:30 Mat Pilates	15:00~15:30 Aqua Walking ¥330	14:45~15:15 Exercise with Ball ¥550 7/6, 20 8/3, 17 9/14, 28	14:45~15:15 Aqua with Float Stick			14:25~15:15 BALLETONE		14:30~15:20 Ballet Stretch		
15:00													
16:00													
17:00													
18:00													
	18:30~19:20 Self-defence Martial Arts	18:45~19:15 Aqua with Float ring	18:30~19:20 Pelvic Exercise		18:30~19:15 Muscle training & Stretch		18:30~19:20 BALLETONE		18:30~19:20 Body Reset Yoga	18:45~19:15 Aqua Exercise			
19:00													
			19:30~20:20 ZUMBA		19:30~20:20 Mat Pilates		19:30~20:20 Body make Stretch						
20:00													
21:00													21:00

Wednesday and Friday : 17:00—17:30 Pool Close.