

2023. 10 — 12 Lesson Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	
10:00													10:00
		10:15~10:45 Aqua with Float ring								10:15~10:35 Aqua Exercise			
11:00	10:40~11:10 Stretch		10:30~11:15 Body Shape		10:30~11:20 Pelvic Exercise		10:30~11:20 Mat Pilates				10:45~11:35 Moving Yoga		11:00
	11:20~12:05 Step Aerobics								11:30~12:15 Body Shape				
12:00				12:15~12:45 Artistic Swimming ¥660	12:45~13:15 Stretch						12:00~12:50 Mat Pilates		12:00
			13:00~13:30 Stretch & Balance	13:00~13:30 Aqua Exercise	13:30~14:30 Aerobics						13:15~14:15 Jazz Dance	13:15~13:45 Aqua Walking ¥440	13:00
14:00							14:00~14:30 Stretch					14:15~14:45 Aqua Exercise	14:00
	14:30~15:30 Stretch & Walking		14:40~15:30 Mat Pilates	14:45~15:15 Aqua Walking ¥440	14:45~15:15 Exercise with Ball ¥660 10/11, 25 11/8, 22 12/6, 20	14:45~15:15 Aqua with Float Stick			14:25~15:15 BALLE TTONE		14:30~15:20 Ballet Stretch		15:00
16:00													16:00
17:00													17:00
18:00													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 BALLE TTONE		18:30~19:20 Body Reset Yoga	18:45~19:15 Aqua Exercise			19:00
20:00			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.