2022. 10 — 12 Lesson Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool	Studio	Pool
10:00		10:15～10:45 Aqua with Float ring	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		11:30～12:15 Body Shape		11:00～11:50 Moving Yoga	
	11:20～12:05 Step Aerobics			11:45～12:15 Swimming Intermediate Class ¥550								
12:00				12:20～12:50 **Artistic Swimming Beginner** ¥550							12:10～13:00 Mat Pilates	
13:00			13:00～13:30 Stretch & Balance	13:00～13:30 Aqua Exercise	Stretch		13:00～14:00 Fitness Dance				13:15～14:15 Jass Dance	13:15～13:45 **Aqua Walking** ¥330
14:00					13:30～14:30 Basic Aerobics							14:15～14:45 Aqua Exercise
	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 10/5, 19 11/2, 16 12/7, 21	14:45～15:15 Aqua with Float Stick			14:25～15:15 BALLE TTONE		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 & Strech		18:30～19:20 BALLE TTONE		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												

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