

GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

April 2024

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
Studio	Training Room	Gymnasium	Pool	Studio	Training Room	Gymnasium	Pool	Studio	Training Room	Gymnasium	Pool	Studio	Training Room	Gymnasium	Pool	Studio	Training Room	Gymnasium	Pool	Studio	Training Room	Gymnasium	Pool
	12:15 Slim Circuit Kajiki			12:10 Easy Yoga Koyama				12:15 Slim Circuit Koyama				12:10 Pilates Matsuda				12:15 Slim Circuit Takahashi							
	12:45			12:50				12:45				12:50				12:45							
								* : INDOOR SHOES required												12:00 Jazz Dance Beginner Futagawa			
17:30 Meditation Yoga Asano				17:30 Aerobics beginner Takahashi				17:30 Flow Yoga Asano				17:30 Shape UP Boxing Lenn				17:30 Pilates Ogihara				14:00 Savate JSC Instrutors			
18:15				18:15				18:15				18:15				18:15				15:00 Pilates Nakazawa			
18:25 Ashtanga Yoga Saito				18:20 Aroma Yoga Watanabe				18:25 Body Attack Ōhira				18:30 Dance Fitness Kawamura				18:25 ZUMBA Ishikawa				15:10 Aerobics beginner&intermediate Koyama			
19:15				19:10 Yoga Watanabe		19:05 Savate JSC Instrutors		19:15				19:15			19:10				16:00 Relaxation Yoga Sato				
19:25 Shape UP Boxing Lenn				19:20 Yoga Watanabe		20:05		19:25 Ballet intermediate Sakashita				19:25			19:20 HipHop beginner&intermediate Miyamoto				17:00				
20:10				20:05				20:10				20:10			20:10				17:10 Yoga Sato				
																			18:10				
																			18:30 Swimming Kyoya				

Sometimes in Training Room

Color indicators for exercise category

- Cardio exercise
- Dance & Culture
- Relaxation
- Muscle exercise