

GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

April 2015

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
12:10 T'ai Chi beginner Nakamura	12:15 Slim Circuit Takei			12:10 Aerobics intermediate Koyama				12:10 Aerobics first-timer Morita	12:15 Slim Circuit Ujiie			12:10 Pilates Matsuda				12:10 Fatburn Kudo	12:15 Slim Circuit Takahashi			11:00 Jazz Dance beginner Futagawa			
12:45	12:45			12:50				12:45	12:45			12:50				12:50	12:45			11:50 Jazz Dance intermediate Futagawa			
13:00																				12:00 Jazz Dance beginner Futagawa			
																				12:50 Jazz Dance intermediate Futagawa			
																				13:00 Ballet first-timer Taniguchi			
																				13:50 Ballet first-timer Taniguchi			
																				14:10 Pilates Sakamoto			
																				14:00 Savate JSC Instrutors			
																				15:00 Pilates Sakamoto			
17:30 Pilates Ichihara				17:30 Aerobics beginner Takahashi				17:30 Yoga Hagiwara				17:30 Shape UP Boxing Lenn				17:30 Pilates ogihara				15:10 Aerobics intermediate Koyama			
18:15				18:15				18:15				18:15				18:15				16:00 Aerobics intermediate Koyama			
18:25 Ashtanga Yoga Hagiwara	18:30 Enjoy Step Ishikawa			18:20 Aroma Yoga Watanabe				18:25 Body Attack Oohira				18:30 HipHop Dance first-timer Kawamura				18:25 HipHop Dance beginner Abe				16:10 Relaxation			
19:15	19:15			19:10				19:15				19:10				19:15				17:00 Yoga Sato			
19:25 Aerobics beginner Ishikawa				19:20 Yoga Watanabe				19:25 Ballet beginner Ando				19:25 Aerobics beginner Kawamura				19:20 HipHop Dance intermediate Abe				17:10 Yoga Sato			
20:10				20:05				20:10				20:10				20:10				18:10 Yoga Sato			
																				18:20 Freestyle Dance Tomari			
																				19:10 Dance Tomari			

New instructor

Class start time changed

New instructor

New class from April.

Sometimes held in Training Room

Color indicators for exercise category

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