

GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

April 2016

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			12:50				12:45				12:50				12:45				11:50			
13:00																				12:00			
																				12:50 Jazz Dance intermediate Futagawa			
																				13:00			
																				13:50 Ballet first-timer Taniguchi			
																				14:10			
																				14:00			
17:30				17:30				17:30				17:30				17:30				14:10 Pilates Sakamoto Hata			
																				15:00			
																				15:10			
																				15:00 Savate JSC Instrutors			
																				15:10			
																				16:00			
																				16:00 Aqua Shape Kasahara			
																				16:10			
																				16:45			
																				17:00			
																				17:10			
																				17:10			
																				17:10 Yoga Sato			
																				18:10			
																				18:10			
																				18:30			
																				19:30			
																				19:30 Swimming Goto			
																				19:30			
																				20:10			
																				20:10 Yoga Sato			
																				20:10			
																				20:10 HipHop Dance intermediate Tomari			
																				20:10			
																				20:10			
																				20:10			

1, 3, 5 week: Sakamoto IR
2, 4 week: Hata IR

Sometimes held in Training Room

NEW INSTRUCTOR FROM APRIL

Moved from Tuesday

NEW INSTRUCTOR FROM APRIL

Color indicators for exercise category

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