GOTENSHITA MEMORIAL ARENA Exercise Class Schedule April 2017 SATURDAY **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** Training Gymnasium Training raining Training Training Training Gymnasium Pool Studio Gymnasium Pool Pool Gymnasium Pool Gymnasiur Pool Gymnasium Studio Studio Studio Studio Studio Pool Room Room Room 12:10 12:15 12:10 12:10 12:10 12:10 11:00 12:15 12:15 Slim **Aerobics** Aerobics Slim **Fatburn** Slim Jazz T'ai Chi **Pilates** beginne Circuit first-time Circuit Circuit **Dance** Ujiie Takei Takahashi Nakamur Koyama Morita Kudo beginner 12:45 12:45 Matsuda 12:45 **Futagawa** 12:50 12:50 12:50 12:50 11:50 13:00 12:00 Jazz Instructor Instructor **Dance** changed changed Futagawa 12:50 13:00 **Ballet** Class time changed first-time Taniguch Instructor 13:50 changed 14:10 14:00 14:00 Pilates Agua Savate Shape Shiraish JSC Anzai 15:00 14:45 17:30 17:30 17:30 17:30 17:30 15:10 15:00 Shape **Aerobics** Yoga **Pilates Aerobics** UP **Pilates** beginner **Boxing** Koyama Sometimes held in Takahashi 16:00 Komiya Ogihara Hagiwara Lenn **Training Room** 16:10 18:15 18:15 18:15 18:15 18:15 18:25 18:20 starting and ending 18:25 18:25 Relaxatio time changed Ashtanga 18:30 **HipHop Aroma Body** 18:30 18:30 Yoga Pelvic HipHop Yoga Yoga **Attack Dance** Sato **Dance** Stretching beginner Swimming 17:00 19:05 17:10 Saito Ishikawa Watanabe Ōhira first-time Tomari Color indicators for 19:15 19:15 19:10 19:15 19:15 Kawamura exercise category 19:25 19:20 19:10 19:20 Savate Goto Yoga 19:25 19:25 HipHop 19:30 Sato **ZUMBA** Yoga JSC **Ballet Aerobics Dance** 18:10 Cardio exercise Instrutor beginner beginner 20:05 Dance & Culture Ishikawa Watanabe Nara Tomari Kawamura 20:05 20:10 20:10 20:10 20:10 Relaxation Muscle exercise

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