

GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

April 2018

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	12:15			12:10				12:10	12:15			12:10				12:10	12:15			11:00			
T'ai Chi beginner Nakamura	Slim Circuit Ujii			Aerobics intermediate Koyama				Aerobics first-timer Morita	Slim Circuit Ilona			Pilates Matsuda				Fatburn Kudo	Slim Circuit Takahashi			Jazz Dance beginner Futagawa			
	12:45								12:45								12:45			11:50			
12:50				12:50				12:50				12:50				12:50				12:00			
																				Jazz Dance intermediate Futagawa			
																				12:50			
																				13:00			
																				Ballet first-timer Taniguchi			
																				13:50			
																				14:10			
																				14:00		14:00	
																				Pilates Shiraishi	Savate JSC Instructors	Aqua Shape Anzai	
																				15:00		14:45	
																				15:10			
																				Aerobics intermediate Koyama			
																				16:00			
																				16:10			
																				Relaxation			
																				18:30			
																				Swimming Goto	Yoga Sato		
																				17:00			
																				17:10			
																				Yoga Sato			
																				18:10			

Instructor changed

Sometimes held in Training Room

Color indicators for exercise category

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