GOTENSHITA MEMORIAL ARENA Exercise Class Schedule April 2019 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Training Gymnasium Training Gymnasium Training Training Training Training Gymnasium Pool Gymnasium Pool Pool Gymnasium Gymnasiun Pool Studio Studio Studio Studio Pool Studio Studio Pool Room Room Room Room 12:10 12:15 12:10 12:10 12:10 12:10 11:00 12:15 12:15 Slim Easy Aerobics Slim **Fatburn** Slim Jazz T'ai Chi New class **Pilates** beginne Circuit Yoga first-time Circuit Circuit **Dance** from April Ujiie Morita Takahashi Nakamur Koyama Ilona Kudo beginner 12:45 12:45 12:45 Matsuda **Futagawa** 12:50 12:50 12:50 12:50 12:50 11:50 12:00 Jazz **Dance** Futagawa 12:50 13:00 **Ballet** first-time Taniguchi 13:50 14:10 14:00 | 14:00 Pilates Agua Savate Shape Shiraishi JSC Anzai 15:00 14:45 17:30 17:30 17:30 17:30 17:30 15:10 15:00 Instructor changed Shape for a while **Aerobics Pilates** Aerobics Yoga UP **Pilates** beginner **Boxing** Koyama Sometimes held in Takahashi 16:00 Ilona Ichikawa Ogihara Lenn Training Room 16:10 18:15 18:15 18:15 18:15 18:15 class changed to 18:25 18:20 18:25 18:25 Relaxatio Jazz for a while Ashtanga 18:30 HipHop **Aroma Body** 18:30 18:30 Yoga Pelvic Yoga Yoga **Attack** Jazz **Dance** Sato Stretching **Dance** beginner Swimming 17:00 17:10 Saito Ishikawa Watanabe 19:05 Ōhira first-time Tomari Instructor changed Color indicators for 19:15 19:15 19:10 19:15 Lenn Instructor changed 19:15 exercise category for a while 19:25 19:20 19:10 19:20 Savate Goto Yoga 19:25 19:25 HipHop 19:30 Sato **Ballet ZUMBA** Yoga JSC Aerobics **Dance** 18:10 Cardio exercise Instrutor beginner beginne 20:05 Ōhira Dance & Culture Ishikawa Watanabe Suzuki Tomari 20:05 20:10 20:10 20:10 20:10 Relaxation Muscle exercise

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