

GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

April 2019

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			Easy Yoga Koyama	New class from April			Aerobics first-timer Morita	Slim Circuit Ilona				Pilates Matsuda				Fatburn Kudo	Slim Circuit Takahashi			Jazz Dance beginner Futagawa			
12:50	12:45			12:50				12:50	12:45			12:50				12:50	12:45			11:50				
																				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 Instrutors	Aqua Shape Anzai		
																				15:00	15:00	14:45		
																				15:10				
																				Aerobics intermediate Koyama				
																				16:00				
																				16:10				
																				Relaxation				
																				17:00				
																				Yoga Sato				
																				17:10				
																				Yoga Sato				
																				18:10				