

GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

APR 2021

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
	12:15 Slim Circuit Ujiie 12:45			12:10 Easy Yoga Koyama 12:50				12:15 Slim Circuit Koyama 12:45				12:10 Pilates Matsuda 12:50				12:15 Slim Circuit Takahashi 12:45							
																				12:00 Jazz Dance Beginner Futagawa 12:50			
																				13:00 Ballet first-timer Taniguchi 13:50			
																				14:00 Savate JSC Instructors 15:00			
																				14:10 Pilates Shiraishi 15:00			
17:30 Meditation Yoga Asano 18:15				17:30 Aerobics beginner Takahashi 18:15				17:30 Yoga Asano 18:15				17:30 Shape UP Boxing Lenn 18:15				17:30 Pilates Ogihara 18:15				15:10 Aerobics intermediate Koyama 16:00			
18:25 Ashtanga Yoga Saito 19:15				18:20 Aroma Yoga Watanabe 19:10				18:25 Body Attack Ohira 19:15				18:30 HipHop beginner Kawamura				18:25 ZUMBA Ishikawa 19:10				16:10 Relaxation Yoga Sato 17:00			
				19:20 Yoga Watanabe 20:05				19:25 Ballet beginner Sakashita 20:10				19:10 19:25 Aerobics beginner Ohira 20:10				19:20 HipHop beginner&intermediate Tomari 20:10				17:10 Yoga Sato 18:10			
					19:05 Savate JSC Instructors 20:05												18:30 Swimming Kyoya 19:15						

Closed for a while

Moved from Monday.

Sometimes held in Training Room

Color indicators for exercise category

Cardio exercise
Dance & Culture
Relaxation
Muscle exercise