

# GOTENSHITA MEMORIAL ARENA Exercise Class Schedule

JAN 2022

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

Closed for a while

Change of instructor

Sometimes held in Training Room

Color indicators for exercise category

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