GOTENSHITA MEMORIAL ARENA Exercise Class Schedule May 2024

GOTENSHITA MEMOR						Xelcise Class 3				ay 202 4	
MONDAY			SDAY		NESDAY	THURSD	AY	FRIDAY		SATURDAY	
Studio Training Room Gymnasium	Pool	Studio Training Room	Gymnasium Pool	Studio Training Room	Gymnasium Po	ROOIII	nasium Pool	Studio Training Room Gymnasium	Pool	Studio Training Room Gymnasium	Pool
12:15 Slim Circuit Kajiki 12:45		12:10 Easy Yoga Koyama 12:50 INDO		12:15 Slim Circuit Koyama 12:45		12:10 Pilates Matsuda 12:50		12:15 Slim Circuit Takahashi 12:45 1st, 3ed, 5th week: Tani 2nd, 4th week: Ogiwa	guchi	12:00 Jazz Dance Beginner Futagawa 12:50 13:00 Ballet first-timer 13:50 14:00 14:10 Pilates Nakazawa 15:00 Sometime Training Ro Instrutors Iscompany	es in
Meditation Yoga Asano 18:15 18:25 Ashtanga Yoga Saito 19:15 19:25 Shape UP Boxing Lenn 20:10		Aerobics beginner Takahashi 18:15 18:20 Aroma Yoga Watanabe 19:10 19:20 Yoga Watanabe 20:05	19:05 Savate JSC Instrutors 20:05	17:30 Flow Yoga Asano 18:15 18:25 Body Attack Öhira 19:15 19:25 Ballet intermediate Sakashita 20:10		Shape UP Boxing Lenn 18:15 18:30 Dance Fitness Kawamura 19:15 19:25 Aerobics beginner Kawamura 20:10		ZUMBA Ishikawa	18:30 Swimming Kyoya 19:30	Aerobics beginner& intermediate Koyama 16:10 Relaxation Yoga Sato 17:00	ise ure

FITNESS AT TODAI'S CORE: GOTENSHITA http://www.undou-kai.com/goten