

Studio&Pool Time Schedule

October 1st, 2019~

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00A.M.	Open Class Stretch 10:30A.M.~11:00A.M						Healing yoga 10:00A.M.~11:00A.M.
11:00A.M.						Aqua aerobics 11:00A.M.~12:00P.M.	
12:00P.M.						※Pool	
1:00P.M.							
2:00P.M.	Meridian bics 2:30P.M.~3:30P.M.				Barre au sol 2:00P.M.~3:00P.M.		
3:00P.M.		Body remake yoga 3:30P.M.~4:30P.M.	Pilates 3:30P.M.~4:30P.M.	Relax yoga 3:00P.M.~4:00P.M.		Pilates 3:30P.M.~4:30P.M.	
4:00P.M.							
5:00P.M.			Aqua aerobics 5:00P.M.~6:00P.M.				
6:00P.M.			※Pool		Flow YOGA 6:00P.M.~7:00P.M.		
7:00P.M.		Beginners yoga 6:30P.M.~7:30P.M.					
8:00P.M.							

* Please note that the programs of the studio and the pool program may change depending on the person in charge.

We appreciate your understanding.

* After a lesson has already started, you cannot join it.

* The studio is available when there is no program scheduled. Please feel free to use it for your exercise.

* Please contact our staff for use of balance balls, stretch poles, dumbbells, etc.

* Please ask our staff for the details.

Studio and Pool program

● Yoga

Body Remake YOGA	This program balances the whole body while regaining the original function of the body. This course is recommended for those interested in beginning YOGA
Tuesday 3:30P.M.~4:30P.M.	
Beginners YOGA	This Program will adjust your body with gentle yoga poses, meditation and breathing techniques. This course is recommended for those interested in beginning YOGA.
Tuesday 6:30P.M.~7:30P.M.	
Relax YOGA	Relax your mind and body by using breathing methods and gentle YOGA poses to improve both metabolism and the immune response. Beginners can also participate in the lesson.
Thursday 3:00P.M.~4:00P.M.	
Flow YOGA	This is a basic YOGA program mainly for maintaining the whole body by aligning overall body movement with breathwork. You can feel the effects of YOGA.
Friday 6:00P.M.~7:00P.M.	
Healing YOGA	This program relaxes both mind and body. Beginners can also participate in this lesson.
Sunday 10:00A.M.~11:00A.M.	

● Meridian bics and Pilates, Barre au sol

Meridian bics	The body movements are performed while calmly breathing and being aware of the meridians and internal organs. It activates internal organ function and conditions your body.
Monday 2:30P.M.~3:30P.M.	
Pilates	Specific Pilates exercise are performed while paying attention to breathing.
Wednesday 3:30P.M.~4:30P.M.	
Barre au sol	By doing ballet movements while sitting on the floor, you can get better posture and flexibility of the muscles around the pelvis.
Friday 2:00P.M.~3:00P.M.	
Pilates	Strengthening the muscles of the deep layer of the body leads to balance your body and improving your genetic makeup.
Saturday 3:30P.M.~4:30P.M.	

● Aqua aerobics (Pool)

Aqua aerobics	This class combines walking, muscle training, and stretching in the water. In the second half, aqua dance is added to the class for relaxation. Beginners can also participate in this lesson.
Wednesday 5:00P.M.~6:00P.M.	
Aqua aerobics	This class combines walking with stretching underwater. Beginners can also participate in this lesson.
Saturday 11:00A.M.~12:00P.M.	

● Open class Lesson

Stretch	This class will be focusing on releasing your body before or after your training. Relaxing your body and mind by stretching in several different ways. ※You can join this class even after it has started.
Monday 10:30A.M.~11:00A.M.	

*Please ask our staff for details.