2025.July　AKASAKA

月 Monday 7, 14, 28

STUDIO

- Yoga 8:00 ~ 8:50 Watanabe
- Function Improvement Exercise Basic 9:30 ~ 10:15 Sakurai
- Low Impact Beginner 10:30 ~ 11:30 Sakurai
- Function Improvement Exercise 11:45 ~ 12:45 Sakurai
- ZUMBA® 13:00 ~ 14:00 Sato Wataru
- Pilates 14:10 ~ 15:10 SACHIKO
- Yoga 15:20 ~ 16:20 SACHIKO
- ZUMBA® 18:15 ~ 19:15 Shinmura
- Low ImpactPre-Intermediate 19:25 ~ 20:10 Hirano
- Yoga 20:35 ~ 21:25 Comari

POOL

- Aquatic Walking 11:00 ~ 11:30 Yamamoto
- Swim with Fin Beginner 11:40 ~ 12:10 Yamamoto
- Back stroke Introductory 12:20 ~ 12:50 Yamamoto
- Breast stroke Intermediate 14:40 ~ 15:10 Wajiki
- Long-Distance Swimming Advanced 15:20 ~ 16:05 Wajiki
- Crawl Beginner 19:00 ~ 19:30 Ota
- Hydro Conditioning 19:45 ~ 20:15 Ota (Capacity14)

火 Tuesday 1, 8, 15, 22, 29

STUDIO

- Yoga 8:00 ~ 8:50 Watanabe
- Vocarhythm 10:00 ~ 11:00 Mitarai
- Function Improvement Stretching 11:10 ~ 11:55 Matsuoka
- Pilates 12:05 ~ 13:05 Matsuoka
- STEP Warm up &Training 13:15 ~ 14:15 Matsuoka
- Body Care 14:25 ~ 15:25 Shibuya
- Latin Dance Start 15:35 ~ 16:05 Sasaki Luis
- Latin Dance 16:15 ~ 17:15 Sasaki Luis
- Yoga 18:20 ~ 19:20 Suzuki
- ZUMBA® 19:30 ~ 20:30 ANNA
- RADICAL POWER® 20:45 ~ 21:30 Kayama

POOL

- Aquatic Walking 10:15 ~ 10:45 Yamamoto
- Original Aquabics 11:00 ~ 11:30 Chounan
- Mitt Aquabics 11:45 ~ 12:30 Kurata
- Crawl Intermediate 14:00 ~ 14:30 Tsutsui
- Individual Medley Intermediate 14:40 ~ 15:10 Tsutsui
- Back stroke Pre-Advanced 19:00 ~ 19:30 Mori
- Long-Distance Swimming Advanced 19:40 ~ 20:25 Mori

水 Wednesday 2, 16, 23, 30

STUDIO

- Body Care 7:40 ~ 8:40 Morita
- Yoga 10:00 ~ 11:00 Kuroda
- Sintex® ～Conditioning～ 11:15 ~ 12:15 Inoue
- Sintex®～Tone～ 12:30 ~ 13:30 Inoue
- Freestyle Basic Start 13:40 ~ 14:10 Iuchi
- Freestyle Basic 14:20 ~ 15:20 Iuchi
- Yoga 15:35 ~ 16:35 Kurihara Yuri
- Pilates 18:10 ~ 19:10 Kawamitsu
- UBOUND® 19:25 ~ 20:10 Chikama (Capacity15)
- Yoga 20:25 ~ 21:25 Maki

POOL

- Aquatic Walking 10:30 ~ 11:00 Ida
- Hydro Training 11:10 ~ 11:40 Ida (Capacity14)
- Core Conditioning Aqua 12:40 ~ 13:10 ★SEN★
- Aqua Dance 13:20 ~ 13:50 ★SEN★
- Breast stroke Beginner 14:00 ~ 14:30 Yamamoto
- Crawl Beginner 14:40 ~ 15:10 Yamamoto
- Back stroke Beginner 19:00 ~ 19:30 Nohara
- Crawl Beginner 19:40 ~ 20:10 Nohara

木 Thursday 3, 10, 17, 24, 31

STUDIO

- Yoga 8:00 ~ 8:50 mai
- Function Improvement Exercise 10:00 ~ 10:45 Okushi
- RITOMOS® 10:55 ~ 11:55 Okushi
- Sintex®～Tone～ 12:05 ~ 13:05 Kiyomi
- Dance Aerobics 13:15 ~ 14:15 Iguchi
- STEP Beginner 14:25 ~ 15:10 Iguchi
- MOSSA Group Fight® 15:20 ~ 16:20 ZAKI
- Jazz Dance 18:05 ~ 18:50 Matsumoto
- RADICAL POWER® 19:05 ~ 20:05 Shimada
- UBOUND® 20:25 ~ 21:10 Shimada (Capacity15)

POOL

- Aqatic Walking 10:50 ~ 11:20 Yamamoto
- Mitt Aquabics 11:30 ~ 12:00 Akane
- Aquabics 12:10 ~ 12:40 Akane
- Butterfly Intermediate 13:30 ~ 14:00 Kojima
- Breast stroke Intermediate 14:10 ~ 14:40 Kojima
- Individual Medley Advanced 14:50 ~ 15:35 Kojima
- Aqua Dance 19:00 ~ 19:30 ★SEN★
- Hydro Training 19:40 ~ 20:10 ★SEN★ (Capacity14)

金 Friday 4, 11, 18, 25

STUDIO

- Tai-Chi 7:50 ~ 8:40 Matsuya
- Body Care 10:00 ~ 11:00 Morita
- Yoga 11:15 ~ 11:45 Imai
- Yoga 11:55 ~ 12:55 Imai
- Pelvic Streching 13:10 ~ 14:10 Matsuoka
- Hi-Lo Combo Pre-Intermediate 14:20 ~ 15:20 Matsuoka
- Ballet Beginner 15:30 ~ 16:30 Endo Wakiko (Capacity12)
- Strike Boxing 18:05 ~ 18:50 BRAFT MATSU
- Yoga 19:00 ~ 19:45 Yuta
- MEGADANZ® 19:55 ~ 20:55 Syu

POOL

- Crawl Beginner 9:50 ~ 10:20 Nohara
- Back stroke Beginner 10:30 ~ 11:00 Nohara
- Aqatic Walking Class 11:15 ~ 12:00 Ota
- Aquatic Walking 12:10 ~ 12:40 Ota
- Hydro Conditioning 12:50 ~ 13:20 Ota (Capacity14)
- Swim with Fin Beginner 15:00 ~ 15:30 Kojima
- Crawl Intermediate 15:40 ~ 16:10 Kojima

esforta

※tax-included price

2025. July　AKASAKA

土 Saturday 5, 12, 19, 26

スタジオ	プール
Yoga 8:30 ~ 9:30 Tetsuya	
Shape up walk Pre-Intermediate 10:30 ~ 11:30 Matsuoka	Crawl Beginner 10:00 ~ 10:30 Nohara
Conditioning Stretching 11:45 ~ 12:35 Matsuoka	Aquabics 10:50 ~ 11:20 Tsujimoto
ZUMBA® 12:45 ~ 13:45 ANNA	Shape Up Walking 11:30 ~ 12:00 Tsujimoto
Release Conditioning 13:55 ~ 14:25 Staff	Aquabics 12:10 ~ 12:40 Tsujimoto
Low Impact Beginner 14:40 ~ 15:40 Ogawa	Crawl Introductory 14:40 ~ 15:10 Mori
MOSSA Group Power® 15:55 ~ 16:40 YUMA	Breast stroke Introductory 15:20 ~ 15:50 Mori
MOSSA Group Fight® 17:00 ~ 17:45 YUMA	Butterfly Pre-Advanced 16:00 ~ 16:30 Mori
	Long-Distance Swimming Advanced 16:40 ~ 17:25 Mori

日 Sunday 6, 13, 20, 27

スタジオ	プール
Pilates 8:00 ~ 9:00 Sato	
SPINEFITTER 9:20 ~ 9:50 Staff Capacity10	
Yoga 10:00 ~ 11:00 Umeda	Aquatic Walking 10:00 ~ 10:30 Ota
	Crawl Beginner 10:40 ~ 11:10 Ota
Shape up walk Pre-Intermediate 11:10 ~ 12:10 Chounan	Butterfly Introductory 11:20 ~ 11:50 Ota
Pilates 12:20 ~ 13:20 Kaori	
	Aqua Dance 13:00 ~ 13:45 ★TAM★
SALSATION® 13:35 ~ 14:35 Kimie	
MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira	
UBOUND® 15:45 ~ 16:30 Chounan Capacity15	
Yoga 16:45 ~ 17:45 Suzuki	

◆Capacity
STUDIO : 21
POOL（swim）: 8
POOL（Long swim）:10
POOL（other）: 16

Please book a lesson from application
Reservations can only be made by the person.
Reservations can be made 3 hours
before the program starts.

LINE公式アカウント
赤坂店のレッスン代行・変更、休館日など
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旧エスフォルタ水道橋跡地に
キッズ専門のスイミングスクールオープン！
体験のご予約はこちら

July close day

Shibuya	Ichigaya	Akasaka
5 th(Sat)	6 th(Sun)	9 th(Wed)
Yokohama	**Roppongi**	
14th(Mon) – 18th(Fri)	8 th(Tue)	

Lesson Mark

Projection Workout

This program provides lessons in extraordinary space using projected images.

Subject

Day	Time	Instructor	Lesson	Day	Time	Instructor	Lesson
Mon	8:00-8:50	Watanabe	Yoga	Fri	11:55-12:55	Imai	Yoga
Tue	8:00-8:50	Watanabe	Yoga	Sat	8:00-9:00	Tetsuya	Yoga
Wed	10:00-11:00	Kuroda	Yoga	Sun	8:00-9:00	Sato	Pilates
Thu	8:00-8:50	mai	Yoga	Sun	10:10-11:10	Umeda	Yoga
Fri	11:15-11:45	Imai	Yoga	Sun	16:35-17:35	Suzuki	Yoga

Pay Program

Walking School

2 times /month ￥2,640tax in
3 times /month ￥3,960tax in
4 times /month ￥5,280tax in
5times /month ￥6,600tax in

Day	Class Hours	Instructor	Class Title	Course Outline
Fri	11:15~12:00	Ota	Aquatic Walking	Walking and stretching with the core in mind

ésforta
〒107-0052 Sumitomo Fudosan Aoyama Building.nisikan B1F, 8-5-26
Akasaka , Minato-Ku, Tokyo
TEL/03-3405-1177
'Opening hours Mon.-Fri. 7:00am~23:00pm
Sat. 7:00am~21:00pm
Sun. and holiday.7:00am~20:00pm

※tax-included price

2025. June AKASAKA

月 Monday 2, 16, 23, 30

STUDIO

- Yoga 8:00 ~ 8:50 Watanabe
- Function Improvement Exercise Basic 9:30 ~ 10:15 Sakurai
- Low Impact Beginner 10:30 ~ 11:30 Sakurai
- Function Improvement Exercise 11:45 ~ 12:45 Sakurai
- ZUMBA® 13:00 ~ 14:00 Sato Wataru
- Pilates 14:10 ~ 15:10 SACHIKO
- Yoga 15:20 ~ 16:20 SACHIKO
- ZUMBA® 18:15 ~ 19:15 Shinmura
- Low Impact Pre-Intermediate 19:25 ~ 20:10 Hirano
- Yoga 20:35 ~ 21:25 Comari

POOL

- Aquatic Walking 11:00 ~ 11:30 Yamamoto
- Swim with Fin Beginner 11:40 ~ 12:10 Yamamoto
- Back stroke Introductory 12:20 ~ 12:50 Yamamoto
- Breast stroke Intermediate 14:40 ~ 15:10 Wajiki
- Long-Distance Swimming Advanced 15:20 ~ 16:05 Wajiki
- Crawl Beginner 19:00 ~ 19:30 Ota
- Hydro Conditioning 19:45 ~ 20:15 Ota — Capacity14

火 Tuesday 3, 10, 17, 24

STUDIO

- Yoga 8:00 ~ 8:50 Watanabe
- Vocarhythm 10:00 ~ 11:00 Mitarai
- Function Improvement Stretching 11:10 ~ 11:55 Matsuoka
- Pilates 12:05 ~ 13:05 Matsuoka
- STEP Warm up &Training 13:15 ~ 14:15 Matsuoka
- Body Care 14:25 ~ 15:25 Shibuya
- Latin Dance Start 15:35 ~ 16:05 Sasaki Luis
- Latin Dance 16:15 ~ 17:15 Sasaki Luis
- Yoga 18:20 ~ 19:20 Suzuki
- ZUMBA® 19:30 ~ 20:30 ANNA
- RADICAL POWER® 20:45 ~ 21:30 Kayama

POOL

- Aquatic Walking 10:15 ~ 10:45 Yamamoto
- Original Aquabics 11:00 ~ 11:30 Chounan
- Mitt Aquabics 11:45 ~ 12:30 Kurata
- Crawl Intermediate 14:00 ~ 14:30 Tsutsui
- Individual Medley Intermediate 14:40 ~ 15:10 Tsutsui
- Back stroke Pre-Advanced 19:00 ~ 19:30 Mori
- Long-Distance Swimming Advanced 19:40 ~ 20:25 Mori

水 Wednesday 4, 11, 18, 25

STUDIO

- Body Care 7:40 ~ 8:40 Morita
- Yoga 10:00 ~ 11:00 Kuroda
- Sintex® ~Conditioning~ 11:15 ~ 12:15 Inoue
- Sintex®~Tone~ 12:30 ~ 13:30 Inoue
- Freestyle Basic Start 13:40 ~ 14:10 Iuchi
- Freestyle Basic 14:20 ~ 15:20 Iuchi
- Yoga 15:35 ~ 16:35 Kurihara Yuri
- Pilates 18:10 ~ 19:10 Kawamitsu
- UBOUND® 19:25 ~ 20:10 Chikama — Capacity15
- Yoga 20:25 ~ 21:25 Maki

POOL

- Aquatic Walking 10:30 ~ 11:00 Ida
- Hydro Training 11:10 ~ 11:40 Ida — Capacity14
- Core Conditioning Aqua 12:40 ~ 13:10 ★SEN★
- Aqua Dance 13:20 ~ 13:50 ★SEN★
- Breast stroke Beginner 14:00 ~ 14:30 Yamamoto
- Crawl Beginner 14:40 ~ 15:10 Yamamoto
- Breast stroke Beginner 18:00 ~ 18:30 Mitsuyasu
- Swim with Fin Intermediate 18:40 ~ 19:10 Mitsuyasu
- Long-Distance Swimming Beginner 19:20 ~ 19:50 Mitsuyasu

木 Thursday 5, 12, 19, 26

STUDIO

- Yoga 8:00 ~ 8:50 mai
- Function Improvement Exercise 10:00 ~ 10:45 Okushi
- RITOMOS® 10:55 ~ 11:55 Okushi
- Sintex®~Tone~ 12:05 ~ 13:05 Kiyomi
- Dance Aerobics 13:15 ~ 14:15 Iguchi
- Low Impact Intermediate 14:25 ~ 15:10 Iguchi
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- RADICAL POWER® 19:05 ~ 20:05 Shimada
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POOL

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金 Friday 6, 13, 20, 27

STUDIO

- Tai-Chi 7:50 ~ 8:40 Matsuya
- Body Care 10:00 ~ 11:00 Morita
- Yoga 11:15 ~ 11:45 Imai
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- Pelvic Streching 13:10 ~ 14:10 Matsuoka
- Hi-Lo Combo Pre-Intermediate 14:20 ~ 15:20 Matsuoka
- Ballet Beginner 15:30 ~ 16:30 Endo Wakiko — Capacity12
- Strike Boxing 18:05 ~ 18:50 BRAFT Instructer
- Yoga 19:00 ~ 19:45 Yuta
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POOL

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esforta

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2025. June AKASAKA

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Pilates 12:20 ~ 13:20 Yoshida	
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SALSATION® 13:35 ~ 14:35 Kimie	
MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira	
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June close day

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Yokohama	**Roppongi**	
8 th(Sun)	8 th(Sun)	

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