2025. July ICHIGAYA

月 Monday 7, 14, 28

STUDIO

- **Pilates Stretch** 7:50 ~ 8:50 Ogawa
- **Low Impact Beginner** 9:05 ~ 10:05 Ogawa
- **Yoga** 10:25 ~ 11:25 Yuji
- **Vocarhythm Premium voice** 11:35 ~ 12:35 Tamazawa
- **Pelvic Stretch** 12:50 ~ 13:50 Harada Kyo
- **Technical Class- Fight Combination-** 14:05 ~ 14:20 EIICHI Capacity6
- **MOSSA Group Fight®** 14:25 ~ 15:10 EIICHI
- **Street Dance Start** 15:20 ~ 15:50 Kitani
- **Street Dance** 16:00 ~ 17:00 Kitani
- **Yoga** 17:10 ~ 17:55 Kurihara Yuri
- **Pilates~Reformer~** 18:15 ~ 19:00 Fukushima [Small group] Capacity6
- **Weekly Lesson** 19:20 ~ 20:05 Studio Instructor
- **Strike Boxing** 20:15 ~ 21:05 BRAFT Kakutani Capacity10
- **TOP RIDE®** 21:25 ~ 21:55 Matsushima Capacity10

GYM

- **TRX®** 18:50 ~ 19:10 Staff Capacity5

火 Tuesday 1, 8, 15, 22, 29

STUDIO

- **Pilates~Reformer~** 7:45 ~ 8:30 Yoshida Kaori [Small group] Capacity6
- **Yoga** 8:50 ~ 9:50 Kurihara Yuri
- **Technical Class-Mat Pilates-** 10:10 ~ 10:40 Ogawa Capacity6
- **Dumbbell Shape Up** 10:55 ~ 11:55 Ogawa
- **ZUMBA®** 12:10 ~ 13:10 Syu
- **Low Impact Beginner** 13:20 ~ 14:20 Chounan
- **Pelvic Total Care** 14:30 ~ 15:15 Chounan
- **TOP RIDE®** 15:35 ~ 16:20 Suzuki Yu Capacity10
- **Yoga** 17:00 ~ 18:00 Shino
- **Technical Class -Low Impact Beginner-** 18:10 ~ 18:40 Masui Capacity6
- **Low Impact Beginner** 18:50 ~ 19:30 Masui
- **Body Make** 19:40 ~ 20:00 Masui
- **MOSSA Group Groove®** 20:10 ~ 20:55 HIDE
- **Dance Aerobics** 21:05 ~ 21:50 Takayama

水 Wednesday 2, 9, 16, 23, 30

STUDIO

- **Yoga** 7:50 ~ 8:50 Masuda
- **Technical Class -Shape Up Walk-** 9:30 ~ 10:00 Chounan Capacity6
- **Shape Up Walk Pre-Intermediate** 10:15 ~ 11:15 Chounan
- **Pilates** 11:30 ~ 12:30 Shiozawa Yu
- **UBOUND®** 12:50 ~ 13:35 Chounan Capacity15
- **Pilates~Reformer~** 13:55 ~ 14:55 Fukushima [Small group] Capacity6
- **Ballet Beginner** 15:20 ~ 16:20 Endou Wakiko
- **Technical Class-Ballet -** 16:30 ~ 17:00 Endou Wakiko Capacity6
- **Weekly Lesson** 17:20 ~ 18:05 Studio Instructor
- **Yoga** 18:25 ~ 19:25 Takaiwa
- **UBOUND®-Element-** 19:40~19:55 Yonetsu **UBOUND®** 19:55~20:40 Yonetsu Capacity15
- **MOSSA Group Fight®** 21:00 ~ 22:00 EIICHI

GYM

- **AthlFit** 17:40 ~ 18:00 Staff Capacity4

木 Thursday 3, 10, 17, 24, 31

STUDIO

- **Yoga** 7:50 ~ 8:50 Watanabe
- **Technical Class -Low Impact Beginner-** 9:50 ~ 10:20 Nagashima Capacity6
- **Low Impact Beginner** 10:30 ~ 11:30 Nagashima
- **Yoga** 11:45 ~ 12:45 AI
- **Function Improvement Exercise** 13:00 ~ 14:00 Sakurai
- **UBOUND®** 14:15 ~ 15:00 MANA Capacity15
- **Street Dance** 15:25 ~ 16:25 Kitani
- **Pilates~Reformer~** 16:45 ~ 17:30 Yoshida Kaori [Small group] Capacity6
- **Pelvis®Flow Dance** 17:50 ~ 18:50 Miyoshi
- **Yoga** 19:10 ~ 20:10 Fukuda
- **TOP RIDE®** 20:30 ~ 21:15 Suzuki Yu Capacity10

金 Friday 4, 11, 18, 25

STUDIO

- **Pilates** 7:50 ~ 8:50 KEIKO
- **Body Care** 9:10 ~ 10:10 Shibuya
- **Short Training** 10:20 ~ 10:40 Sakurai
- **Low Impact Beginner** 10:50 ~ 11:50 Sakurai
- **Yoga** 12:00 ~ 13:00 Sakurai
- **Pelvis®Flow Dance** 13:20 ~ 14:05 Miyoshi
- **Low Impact Pre-Intermediate** 14:25 ~ 15:25 Masui
- **Technical Class -Low Impact Beginner-** 15:35 ~ 16:05 Masui Capacity6
- **UBOUND®-Element-** 16:20 ~ 16:35 RITO Capacity4
- **UBOUND®** 16:45 ~ 17:15 RITO Capacity15
- **Technical Class-yoga-** 17:35 ~ 18:05 Shino Capacity6
- **Yoga** 18:15 ~ 19:15 Shino
- **UBOUND®** 19:35 ~ 20:20 Kayama Naoaki Capacity15
- **MOSSA Group Fight®** 20:40 ~ 21:40 REO

※tax-included price

2025. July ICHIGAYA

	土 Saturday 5, 12, 19, 26		日 Sunday 13, 20, 27	
	STUDIO	GYM	STUDIO	GYM
7:00				
30				
8:00	Yoga 7:40 ~ 8:40 Noa		Yoga 7:50 ~ 8:50 Umeda	
30				
9:00	Pilates~Reformer~ 9:00 ~ 9:45 Shiraki Tomoko [Small group] Capacity6		TOP RIDE® 9:10 ~ 9:40 Radical Instructor Capacity10	
30				
10:00	Technical Class-Low Impact Beginner- 10:05 ~ 10:35 Shinmura Capacity6		Yoga 10:05 ~ 11:05 Fukuda	
30				
11:00	Low Impact Beginner 10:45 ~ 11:25 Shinmura			
30			ZUMBA® 11:25 ~ 12:25 Satou Wataru	
12:00	ZUMBA® 11:35 ~ 12:20 Shinmura			
30				
13:00	Yoga 12:30 ~ 13:30 Nagashima Izumi		UBOUND® 12:45 ~ 13:30 MANA Capacity15	
30				
14:00	Dumbbell Shape Up 13:45 ~ 14:45 Chounan		BtoB 13:50 ~ 14:50 Yoshimura	
30				
15:00	UBOUND®-Element- 15:05 ~ 15:20 Chounan UBOUND® 15:20 ~ 16:05 Chounan Capacity15		Street Dance 15:10 ~ 16:10 oda-nobu	
30				
16:00			Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira Capacity6	
30	Weekly Lesson 16:20 ~ 17:20 Kawakami Week1·3 Yoga Week2·4 ZUMBA®			
17:00			MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira	
30				
18:00	TOP RIDE® 17:40 ~ 18:25 Radical Instructor Capacity10		MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira Capacity10	
30				
19:00	Latin Dance 18:45 ~ 19:45 Sasaki Luis			
30				
20:00				
30				

◆Capacity
STUDIO : 20

Please book a lesson from application.
Reservations can only be made by the person.
Reservations can be made 90 min before the program starts.

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.

DESIGNED IN FINLAND POLAR®

Introduction of Heart rate Measurement System.
Exercise intensity and calorie consumption can be checked at a glance.

ésforta

〒162-0845 SumitomoichigayaBuilding 1F, 1-1,Ichigayahonmura-choyo Shinjuku-Ku, Tokyo
TEL/03-3269-8799
'Opening hours Mon.-Fri. 7:00am～23:00pm
Sat. 7:00am～21:00pm
Sun. and holiday.7:00am～20:00pm

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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

※tax-included price

2025. June ICHIGAYA

月 Monday 2, 9, 16, 23, 30

STUDIO

- **Pilates Stretch** 7:50 ~ 8:50 Ogawa
- **Low Impact Beginner** 9:05 ~ 10:05 Ogawa
- **Yoga** 10:25 ~ 11:25 Yuji
- **Vocarhythm Premium voice** 11:35 ~ 12:35 Tamazawa
- **Pelvic Stretch** 12:50 ~ 13:50 Harada Kyo
- **Technical Class- Fight Combination-** 14:05 ~ 14:20 EICHI Capacity6
- **MOSSA Group Fight®** 14:25 ~ 15:10 EICHI
- **Street Dance Start** 15:20 ~ 15:50 Kitani
- **Street Dance** 16:00 ~ 17:00 Kitani
- **Yoga** 17:10 ~ 17:55 Kurihara Yuri
- **Pilates~Reformer~** 18:15 ~ 19:00 Fukushima [Small group] Capacity6
- **Weekly Lesson** 19:20 ~ 20:05 Studio Instructor
- **Strike Boxing** 20:15 ~ 21:05 BRAFT Kakutani Capacity10
- **TOP RIDE®** 21:25 ~ 21:55 Matsushima Capacity10

GYM

- **TRX®** 18:50 ~ 19:10 Staff Capacity5

火 Tuesday 3, 10, 17, 24

STUDIO

- **Pilates~Reformer~** 7:45 ~ 8:30 Yoshida Kaori [Small group] Capacity6
- **Yoga** 8:50 ~ 9:50 Kurihara Yuri
- **Technical Class-Mat Pilates-** 10:10 ~ 10:40 Ogawa Capacity6
- **Dumbbell Shape Up** 10:55 ~ 11:55 Ogawa
- **ZUMBA®** 12:10 ~ 13:10 Syu
- **Low Impact Beginner** 13:20 ~ 14:20 Chounan
- **Pelvic Total Care** 14:30 ~ 15:15 Chounan
- **TOP RIDE®** 15:35 ~ 16:20 Suzuki Yu Capacity10
- **Yoga** 17:00 ~ 18:00 Shino
- **Technical Class -Low Impact Beginner-** 18:10 ~ 18:40 Masui Capacity6
- **Low Impact Beginner** 18:50 ~ 19:30 Masui
- **Body Make** 19:40 ~ 20:00 Masui
- **MOSSA Group Groove®** 20:10 ~ 20:55 HIDE
- **Dance Aerobics** 21:05 ~ 21:50 Takayama

水 Wednesday 4, 11, 18, 25

STUDIO

- **Yoga** 7:50 ~ 8:50 Masuda
- **Technical Class -Shape Up Walk-** 9:30 ~ 10:00 Chounan Capacity6
- **Shape Up Walk Pre-Intermediate** 10:15 ~ 11:15 Chounan
- **Pilates** 11:30 ~ 12:30 Shiozawa Yu
- **UBOUND®** 12:50 ~ 13:35 Chounan Capacity15
- **Pilates~Reformer~** 13:55 ~ 14:55 Fukushima [Small group] Capacity6
- **Ballet Beginner** 15:20 ~ 16:20 Endou Wakiko
- **Technical Class-Ballet -** 16:30 ~ 17:00 Endou Wakiko Capacity6
- **Weekly Lesson** 17:20 ~ 18:05 Studio Instructor
- **Yoga** 18:25 ~ 19:25 Takaiwa
- **UBOUND®-Element-** 19:40~19:55 Yonetsu **UBOUND®** 19:55~20:40 Yonetsu Capacity15
- **MOSSA Group Fight®** 21:00 ~ 22:00 EICHI

GYM

- **AthlFit** 17:40 ~ 18:00 Staff Capacity4

木 Thursday 5, 12, 19, 26

STUDIO

- **Yoga** 7:50 ~ 8:50 Watanabe
- **Technical Class -Low Impact Beginner-** 9:50 ~ 10:20 Nagashima Capacity6
- **Low Impact Beginner** 10:30 ~ 11:30 Nagashima
- **Yoga** 11:45 ~ 12:45 AI
- **Function Improvement Exercise** 13:00 ~ 14:00 Sakurai
- **UBOUND®** 14:15 ~ 15:00 MANA Capacity15
- **Street Dance** 15:25 ~ 16:25 Kitani
- **Pilates~Reformer~** 16:45 ~ 17:30 Yoshida Kaori [Small group] Capacity6
- **Pelvis®Flow Dance** 17:50 ~ 18:50 Miyoshi
- **Yoga** 19:10 ~ 20:10 Fukuda
- **TOP RIDE®** 20:30 ~ 21:15 Suzuki Yu Capacity10

金 Friday 13, 20, 27

STUDIO

- **Pilates** 7:50 ~ 8:50 KEIKO
- **Body Care** 9:10 ~ 10:10 Shibuya
- **Short Training** 10:20 ~ 10:40 Sakurai
- **Low Impact Beginner** 10:50 ~ 11:50 Sakurai
- **Yoga** 12:00 ~ 13:00 Sakurai
- **Pelvis®Flow Dance** 13:20 ~ 14:05 Miyoshi
- **Low Impact Pre-Intermediate** 14:25 ~ 15:25 Masui
- **Technical Class -Low Impact Beginner-** 15:35 ~ 16:05 Masui Capacity6
- **UBOUND®-Element-** 16:20 ~ 16:35 RITO Capacity4
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- **Technical Class-yoga-** 17:35 ~ 18:05 Shino Capacity6
- **Yoga** 18:15 ~ 19:15 Shino
- **UBOUND®** 19:35 ~ 20:20 Kayama Naoaki Capacity15
- **MOSSA Group Fight®** 20:40 ~ 21:40 MOSSA Instructor

※tax-included price

2025. June ICHIGAYA

	± Saturday 7, 14, 21, 28		日 Sunday 1, 8, 15, 22, 29	
	STUDIO	GYM	STUDIO	GYM
7:00				
30				
8:00	Yoga 7:40 ~ 8:40 Noa		Yoga 7:50 ~ 8:50 Umeda	
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9:00	Pilates~Reformer~ 9:00 ~ 9:45 Shiraki Tomoko [Small group] Capacity6		TOP RIDE® 9:10 ~ 9:40 Radical Instructor Capacity10	
30				
10:00	Technical Class-Low Impact Beginner- 10:05 ~ 10:35 Shinmura Capacity6		Yoga 10:05 ~ 11:05 Fukuda	
30				
11:00	Low Impact Beginner 10:45 ~ 11:25 Shinmura			
30				
12:00	ZUMBA® 11:35 ~ 12:20 Shinmura		ZUMBA® 11:25 ~ 12:25 Satou Wataru	
30				
13:00	Yoga 12:30 ~ 13:30 Nagashima Izumi		UBOUND® 12:45 ~ 13:30 MANA Capacity15	
30				
14:00	Dumbbell Shape Up 13:45 ~ 14:45 Chounan		BtoB 13:50 ~ 14:50 Yoshimura	
30				
15:00	UBOUND®-Element- 15:05 ~ 15:20 Chounan UBOUND® 15:20 ~ 16:05 Chounan Capacity15		Street Dance 15:10 ~ 16:10 oda-nobu	
30				
16:00			Technical Class- Fight Combination- 16:30 ~ 16:45 Tamaki Akira Capacity6	
30	Weekly Lesson 16:20 ~ 17:20 Kawakami Week1・3 Yoga Week2・4 ZUMBA®		MOSSA Group Fight® 16:50 ~ 17:35 Tamaki Akira	
17:00				
30				
18:00	TOP RIDE® 17:40 ~ 18:25 Radical Instructor Capacity10		MOSSA Group Blast® 17:50 ~ 18:50 Tamaki Akira Capacity10	
30				
19:00	Latin Dance 18:45 ~ 19:45 Sasaki Luis			
30				
20:00				
30				

◆Capacity
STUDIO : 20

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June close day

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

Lesson Mark

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Sat. 7:00am～21:00pm
Sun. and holiday.7:00am～20:00pm

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