

月 Monday 7, 14, 28		火 Tuesday 1, 15, 22, 29		水 Wednesday 2, 9, 16, 23, 30		木 Thursday 3, 10, 17, 24, 31		金 Friday 4, 11, 18, 25				
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL			
										7:00		
Yoga 7:20 ~ 8:10 Ryuma		Pilates 7:20 ~ 8:10 Sato		Pilates 7:20 ~ 8:10 Kaori		BODY ART Training 7:20 ~ 8:10 Sano		Yoga 7:20 ~ 8:10 KAYOKO		30		
Free Time 8:30 ~ 9:30		Free Time 8:30 ~ 10:40						STEP Pre-Intermediate 8:30 ~ 9:30 Igarashi		30		
										9:00		
										30		
Sintex®~Yoga~ 9:55 ~ 10:55 Hama Junko				Yoga 9:15 ~ 10:15 Amina				Dance Fit 9:40 ~ 10:40 Igarashi		Aquatic Walking 10:00 ~ 10:30 Yamashita	10:00	
										Aquabics 10:40 ~ 11:10 Yamashita	30	
				ZUMBA® 10:30 ~ 11:15 Syu		Aquabics 10:40 ~ 11:10 Akane		Sintex®~Tone~ 10:15 ~ 11:15 Inoue		TechnicalClass 11:00 ~ 11:30 Mitsuyasu	11:00	
Sintex®~Reborn~ 11:05 ~ 11:50 Hama Junko		Body Making Pilates 11:00 ~ 12:00 Shibata Aya		TechnicalClass 11:00 ~ 11:30 Kojima						KIMAX® 11:00 ~ 11:45 Kouno	Capacity10	30
				Butterfly Pre-Intermediate 11:40 ~ 12:10 Kojima		MEGADANZ® 11:25 ~ 12:25 Syu		Sintex®~Cardio~ 11:30 ~ 12:15 Inoue		Butterfly Beginner 11:40 ~ 12:10 Mitsuyasu		30
												12:00
MOSSA Group Power® 12:10 ~ 12:55 SHIN		Brest Stroke Beginner 12:30 ~ 13:00 Mita		Total Body Shape 12:20 ~ 13:05 Hiroshima		Back Stroke Pre-Intermediate 12:20 ~ 12:50 Kojima				Crawl Intermediate 12:20 ~ 12:50 Mitsuyasu		30
												13:00
MOSSA Group Centergy® 13:10 ~ 13:55 SHIN		Crawl Beginner 13:10 ~ 13:40 Mita		Jazz Dance 13:25 ~ 14:25 Nagai				Street Dance 12:35 ~ 13:35 oda-nobu				30
												14:00
ZUMBA® 14:10 ~ 15:10 Kuramochi nanami				BODY ART Training 14:35 ~ 15:20 Sano		Aquabics 15:00 ~ 15:30 Inaba		MOSSA Group Groove® 13:45 ~ 14:30 Tamaki Akira		Aquatic Walking 14:00 ~ 14:30 Inaba		30
										Aquabics 14:40 ~ 15:10 Inaba		15:00
X55® 15:30 ~ 16:00 RITO		Aqua Combat 15:00 ~ 15:30 ★SEN★						MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira				30
												16:00
UBOUND® 16:15 ~ 16:45 RITO		Ballet Beginner 15:40 ~ 16:40 Yanai		Shape Up Aquabics 15:40 ~ 16:10 Inaba				KIMAX® 15:50 ~ 16:50 ken				30
								Capacity10				17:00
												30
FIGHTDO® 17:15 ~ 18:00 Ishizuka		Free Time 17:00 ~ 18:00				RITMOS® 17:00 ~ 17:45 Okushi		Roller Relax 17:10 ~ 17:30 Gym Staff				18:00
												30
												19:00
TechnicalClass~Dance Aerobics~ 18:20 ~ 18:50 Okamoto		UBOUND®~Element~ 18:35 ~ 18:50 Ishizuka		Capacity6		Aroma yoga 18:00 ~ 19:00 Iguchi		PowerYoga 18:00 ~ 19:00 NOB				30
		Capacity6										19:00
Dance Aerobics 19:00 ~ 19:45 Okamoto		Butterfly Pre-Intermediate 19:00 ~ 19:30 Saito		UBOUND® 19:00 ~ 19:45 Ishizuka								30
												20:00
												30
												21:00
												30
												22:00
												30
Free Time 21:20 ~ 22:30						Free Time 21:30 ~ 22:30		Free Time 21:50 ~ 22:30		Free Time 21:00 ~ 22:30		

2025. July ROPPONGI

土 Saturday 5, 12, 19, 26		日 Sunday 6, 13, 20, 27	
STUDIO	POOL	STUDIO	POOL
7:00			
8:00	Yoga 7:30 ~ 8:30 Maki	Free Time 7:00 ~ 10:00	
9:00	Free Time 9:00 ~ 10:00		
10:00			Aqua Mitt 10:00 ~ 10:30 Kinoshita
11:00	Yoga 10:30 ~ 11:30 Yuji	OXIGENO® 10:30 ~ 11:15 Tanaka	Aquabics 10:40 ~ 11:10 Kinoshita
12:00	Ballet Beginner 11:50 ~ 12:50 Isihi	X55® 11:25 ~ 12:10 Tanaka	Butterfly Intermediate 11:30 ~ 12:00 Mitsuyasu
13:00	PowerYoga 13:10 ~ 14:10 HINACO	Technical Class~Street Dance~ 12:35 ~ 13:05 oda-nobu	Individual Medley Intermediate 12:10 ~ 12:40 Mitsuyasu
14:00	Shape Up Walking 14:00 ~ 14:20 Tsujimoto	Street Dance 13:15 ~ 14:15 oda-nobu	
15:00	MOSSA Group Centergy® 14:30 ~ 15:15 ANNA.Y	Ballet Beginner 14:30 ~ 15:30 Kurihara Kaine	
16:00	FIGHTDO® 15:30 ~ 16:15 Oguma	UBOUND® 15:45 ~ 16:30 RITO	Aquabics 15:30 ~ 16:00 Komuro
17:00	RADICAL POWER® 16:30 ~ 17:15 Oguma	X55® 16:45 ~ 17:30 RITO	Bodymaking Aqua 16:10 ~ 16:40 Komuro
18:00	OXIGENO® 17:30 ~ 18:15 ken	Aroma yoga 17:45 ~ 18:45 Iguchi	
19:00	KIMAX® 18:30 ~ 19:15 ken Capacity10		
20:00	Spine Fitter 19:30 ~ 20:00 Gym Staff		

◆Capacity
STUDIO : 15
POOL (swim) : 8
POOL (other) : 15

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



July close day

Shibuya

5 th(Sat)

Ichigaya

6 th(Sun)

Akasaka

9 th(Wed)

Yokohama

14th(Mon) – 18th(Fri)

Roppongi

8 th(Tue)



Pay Program

Personal

Please contact the front desk for reservation

Day of the week・Time	Instructor	Price
Subject to negotiable	Iwaida	¥ 4,950tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Kojima	¥ 4,400tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Ogawa	¥ 4,400tax in/30min



〒106-6002 Izumi Garden Tower 2F1-6-1 RoppongiMinato-ku,Tokyo

TEL/03-3560-3466

'Opening hours Mon.-Fri. 7:00am~23:00pm

Sat. 7:00am~21:00pm

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

LINE 公式アカウント

六本木店のレッスン代行・変更、休館日など
最新のお知らせをお届けいたします。



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



月 Monday 2, 9, 16, 23, 30		火 Tuesday 3, 10, 17, 24		水 Wednesday 4, 11, 18, 25		木 Thursday 5, 12, 19, 26		金 Friday 6, 13, 20, 27		
STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	
										7:00
Yoga 7:20 ~ 8:10 Ryuma		Pilates 7:20 ~ 8:10 Sato		Pilates 7:20 ~ 8:10 Yoshida		BODY ART Training 7:20 ~ 8:10 Sano		Yoga 7:20 ~ 8:10 KAYOKO		30
										8:00
Free Time 8:30 ~ 9:30		Free Time 8:30 ~ 10:40				Free Time 8:30 ~ 10:00		Dance Fit 8:30 ~ 9:30 Igarashi		30
				30						
				9:00						
Sintex®~Yoga~ 9:55 ~ 10:55 Hama Junko								RITMOS® 9:40 ~ 10:40 Igarashi		10:00
								Aquatic Walking 10:00 ~ 10:30 Yamashita		30
								Aquabics 10:40 ~ 11:10 Yamashita		11:00
Sintex®~Reborn~ 11:05 ~ 11:50 Hama Junko		Body Making Pilates 11:00 ~ 12:00 Shibata Aya		Yoga 9:15 ~ 10:15 Amina		Sintex®~Tone~ 10:15 ~ 11:15 Inoue		KIMAX® 11:00 ~ 11:45 Kouno		30
		TechnicalClass 11:00 ~ 11:30 Kojima		ZUMBA® 10:30 ~ 11:15 Syu				Capacity10		12:00
		Crawl Pre-Intermediate 11:40 ~ 12:10 Kojima								30
				MEGADANZ® 11:25 ~ 12:25 Syu		Sintex®~Cardio~ 11:30 ~ 12:15 Inoue				13:00
MOSSA Group Power® 12:10 ~ 12:55 SHIN		Total Body Shape 12:20 ~ 13:05 Hiroshima						UBOUND® 12:05 ~ 12:50 Kouno		30
Back Stroke Beginner 12:30 ~ 13:00 Mita		Back Stroke Pre-Intermediate 12:20 ~ 12:50 Kojima						Butterfly Beginner 12:30 ~ 13:00 Ishiguro		14:00
										30
MOSSA Group Centergy® 13:10 ~ 13:55 SHIN		Jazz Dance 13:25 ~ 14:25 Nagai		OXIGENO® 12:40 ~ 13:25 ken		Street Dance 12:35 ~ 13:35 oda-nobu		Brest Stroke Intermediate 13:00 ~ 13:30 Osada		15:00
										30
				KIMAX® 13:45 ~ 14:45 ken		MOSSA Group Groove® 13:45 ~ 14:30 Tamaki Akira		Aquatic Walking 14:00 ~ 14:30 Inaba		16:00
ZUMBA® 14:10 ~ 15:10 Kuramochi		BODY ART Training 14:35 ~ 15:20 Sano		Capacity10				Aquabics 14:40 ~ 15:10 Inaba		30
		Aquabics 15:00 ~ 15:30 Inaba				MOSSA Group Fight® 14:45 ~ 15:30 Tamaki Akira				17:00
X55® 15:30 ~ 16:00 RITO				Dance Aerobics 15:00 ~ 15:45 Machida Kaya				Body Care 14:05 ~ 15:05 Shibuya		30
								RITMOS® 15:15 ~ 16:15 Okushi		18:00
Aqua Dance 15:40 ~ 16:10 ★SEN★		Ballet Beginner 15:40 ~ 16:40 Yanai		Balance & Coretraining 16:00 ~ 16:45 Machida Kaya				Shape Up Walking 15:40 ~ 16:10 Inoue		30
										19:00
UBOUND® 16:15 ~ 16:45 RITO						KIMAX® 15:50 ~ 16:50 ken		Function Improvement Exercise 16:25 ~ 17:10 Okushi		30
						Capacity10				17:00
		Free Time 17:00 ~ 18:00		RITMOS® 17:00 ~ 17:45 Okushi						30
										18:00
				Aroma yoga 18:00 ~ 19:00 Iguchi		PowerYoga 18:00 ~ 19:00 NOB				30
TechnicalClass~Dance Aerobics~ 18:20 ~ 18:50 Okamoto		UBOUND®Element~ 18:35 ~ 18:50 Ishizuka						UBOUND® 18:30 ~ 19:15 REO		19:00
Capacity6		Capacity6						Crawl Beginner 18:40 ~ 19:10 Kojima		30
Dance Aerobics 19:00 ~ 19:45 Okamoto		UBOUND® 19:00 ~ 19:45 Ishizuka		RADICAL POWER® 19:20 ~ 20:05 RURI		MOSSA Group Fight® 19:10 ~ 20:10 EIICHI		Back Stroke Intermediate 19:20 ~ 19:50 Kojima		20:00
		Butterfly Beginner 19:30 ~ 20:00 Azumano First Tuesday Seki						Swim with Fin Pre-Intermediate 20:00 ~ 20:30 Kojima		30
						Butterfly Beginner 20:00 ~ 20:30 Iwaida				21:00
Vinyasa Yoga 20:00 ~ 21:00 Tetsuya		X55® 20:00 ~ 20:45 Ishizuka		WeeklyLesson FIGHTDO® or UBOUND® 20:20 ~ 21:05 RURI				Swim with Fin Beginner 20:40 ~ 21:10 Iwaida		30
		Back Stroke Beginner 20:10 ~ 20:40 Azumano First Tuesday Seki				RITMOS® 20:30 ~ 21:30 Ami				22:00
										30
Free Time 21:20 ~ 22:30		Relax Yoga 21:00 ~ 21:45 CAO						Free Time 21:00 ~ 22:30		30
				Free Time 21:30 ~ 22:30		Free Time 21:50 ~ 22:30				22:00
										30

2025. June ROPPONGI

土 Saturday 7, 14, 21, 28		日 Sunday 1, 15, 22, 29	
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7:00			
30			
8:00	Yoga 7:30 ~ 8:30 Maki	Free Time 7:00 ~ 10:00	
30			
9:00	Free Time 9:00 ~ 10:00		
30			
10:00			Aqua Mitt 10:00 ~ 10:30 Kinoshita
30	Yoga 10:30 ~ 11:30 Yuji	OXIGENO® 10:30 ~ 11:15 Tanaka	Aquabics 10:40 ~ 11:10 Kinoshita
11:00			
30			
12:00	Ballet Beginner 11:50 ~ 12:50 Isihi	X55® 11:25 ~ 12:10 Tanaka	Butterfly pre-Advanced 11:30 ~ 12:00 Osada
30			Individual Medley Intermediate 12:10 ~ 12:40 Osada
13:00		Technical Class~Street Dance~ 12:35 ~ 13:05 oda-nobu	
30	PowerYoga 13:10 ~ 14:10 HINACO	Street Dance 13:15 ~ 14:15 oda-nobu	
14:00			
30			
15:00	MOSSA Group Centergy® 14:30 ~ 15:15 ANNA.Y	Ballet Beginner 14:30 ~ 15:30 Kurihara Kaine	
30			
16:00	FIGHTDO® 15:30 ~ 16:15 Oguma	UBOUND® 15:45 ~ 16:30 RITO	Aquabics 15:30 ~ 16:00 Komuro
30			Bodymaking Aqua 16:10 ~ 16:40 Komuro
17:00	RADICAL POWER® 16:30 ~ 17:15 Oguma	X55® 16:45 ~ 17:30 RITO	
30			
18:00	OXIGENO® 17:30 ~ 18:15 ken	Aroma yoga 17:45 ~ 18:45 Iguchi	
30			
19:00	KIMAX® 18:30 ~ 19:15 ken Capacity10		
30			
20:00	Spine Fitter 19:30 ~ 20:00 Gym Staff		
30			

◆Capacity
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POOL (other) : 15

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June close day

Shibuya 5 th(Thu)	Ichigaya 6 th(Fri)	Akasaka 9 th(Mon)
Yokohama 8 th(Sun)	Roppongi 8 th(Sun)	

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Personal

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Day of the week・Time	Instructor	Price
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Day of the week・Time	Instructor	Price
Subject to negotiable	Kojima	¥ 4,400tax in/30min
Day of the week・Time	Instructor	Price
Subject to negotiable	Tsutsui	¥ 5,500tax in/30min



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