

esforta AKASAKA April Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other
	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	STUDIO	POOL	
7:00															7:00 <b>HOT</b> Hot program
15															15 <b>NEW</b> New program
30															30 <b>PAY</b> Paid program
45															45
8:00															8:00
15			Morning Yoga 8:00~8:50												15
30															30
45															45
9:00															9:00
15															15
30															30
45															45
10:00															10:00
15															15
30															30
45															45
11:00	Low Impact Beginner 10:30~11:30	Aqua Walking 11:00~11:30	Vocarhythm 10:30~11:30	Pay Supersonic Wave Machine 10:30~11:20	Pelvic Yoga 10:20~11:20	Breast Stroke Beginner 10:30~11:00	Body & Mental Relax Yoga 10:30~11:30	Shape Up Walking 10:20~10:50	Body Care 10:15~11:15	Pay Supersonic Wave Machine 11:00~11:45	Shape Up Low Impact Pre-Intermediate 10:30~11:30		Yoga 10:15~11:15	Pay Supersonic Wave Machine 10:30~11:15	11:00
15															15
30															30
45															45
12:00	NEW Yoga 11:45~12:45	Aquabics & Dumbbell shape up 11:40~12:25	NEW Roller Relax 11:45~12:05	Shape Up Aqua 11:45~12:30	NEW Low Impact Function improvement 11:30~12:20	NEW Core Conditioning Aqua 12:40~13:10	Low Impact Beginner 11:40~12:20	Aqua Jump 12:10~12:30	Drainage lymphatique Yoga 12:05~13:05	Dumbbell Walking 12:00~12:30	NEW Stretching 11:40~12:10		Shape Up Low Impact Pre-Intermediate 11:30~12:30		12:00
15															15
30															30
45															45
13:00	Pilates 13:00~13:50	PAY Swimming Advance Class Lesson 13:00~14:00		Personal Lesson 13:10~13:40	NEW Function Improvement Exercise 12:30~13:15	NEW Aqua dances30 13:20~13:50	Pilates 13:00~13:50		Pelvic Stretching 13:15~14:05	Power Hydroaqua 12:40~13:10	NEW ZUMBA 12:20~13:20		Pilates 12:45~13:45	Aquabics45 13:00~13:45	13:00
15															15
30															30
45															45
14:00	ZUMBA 14:00~14:50	Long Swim 30 14:05~14:35		Butterfly Stroke Beginner 13:50~14:20	Freestyle Basic 14:00~15:00	Crawl Stroke 14:15~14:45	NEW Yoga 14:05~15:05	Swimming Advance Class Lesson 13:30~14:30	Hi-Lo Combo Pre-Intermediate 14:15~15:15	Breast Stroke Beginner 14:00~14:30	MOSSA/ Group Fight 13:35~14:20		UBOUND45 14:00~14:45	Masters Challenge30 13:55~14:25	14:00
15															15
30															30
45															45
15:00	Pelvic stretch 15:00~16:00	Aqua Jump 15:00~15:30		Back Stroke Intermediate 14:30~15:00	NEW STEP Beginner 15:15~16:15	Crawl Stroke Beginner 14:50~15:20	Beginners Studio dance 15:20~16:20	Crawl Stroke Intermediate 14:45~15:15	NEW ZUMBA 15:30~16:30	Back Stroke Beginner 14:40~15:10	Low Impact Beginner 14:30~15:30		Hi-Lo Combo Pre-Intermediate 15:00~16:00	Fin Long Swim 14:35~15:05	15:00
15															15
30															30
45															45
16:00		Fin swim 15:40~16:10		Personal Lesson 15:10~17:00											16:00
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17:00															17:00
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18:00															18:00
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45															45
19:00	VIPR30 19:00~19:30	Aquabics30 19:00~19:30		Fin swim 18:45~19:15	UBOUND-Element 19:25~19:40	Butterfly Stroke Beginner 19:15~19:45	STEP Beginner 18:40~19:30	Core Conditioning Aqua 19:00~19:30	NEW VIPR30 19:20~19:50						19:00
15															15
30															30
45															45
20:00	Low Impact Beginner 19:40~20:20	Power Hydroaqua 19:40~20:10	ZUMBA 19:40~20:30	Long Swim 45 19:30~20:15	UBOUND-Trial 19:45~20:15	Breast Stroke Intermediate 19:50~20:20	Pilates 19:40~20:10	Aqua dances30 19:40~20:10	NEW STRONG by ZUMBA 20:00~21:00						20:00
15															15
30															30
45															45
21:00	Aero jog Pre-Intermediate 20:30~21:30		UBOUND30 20:45~21:15		Hi-Lo Combo Intermediate 20:30~21:30	Aqua Jump 20:30~20:50	ZUMBA 20:20~21:20								21:00
15															15
30															30
45															45
22:00															22:00
15															15
30															30
45															45



Official Closing Day

4.6(Sat)/5.12(Sun) Closing Day  
 5.13(Mon) OPEN9:00/CLOSE20:00  
 Shibuya  
 4.26(Fri) OPEN7:00/CLOSE20:00  
 4.27(Sat)~4.29(Mon) closing Day  
 4.30(Tue) OPEN9:00/CLOSE20:00  
 5.1(Wed)~5.6(Mon) OPEN7:00/CLOSE20:00  
 Ichigaya  
 2019.4.7(Sun) Closing Day  
 Suidoubashi\*Akasaka  
 2019.4.8(Mon) Closing Day  
 Roppongi  
 2019.5.8(Wed) Closing Day  
 Yokohama  
 2019.4.28(Sun)~5.6(Mon) OPEN7:00/CLOSE20:00  
 Shibuya \*Ichigaya \* Suidoubashi\*Akasaka \* Roppongi