

esforta AKASAKA March 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
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8:00			★ Morning Yoga 8:00~8:50												8:00	
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11:00	Low Impact Beginner 10:30~11:30	Aqua Walking 11:00~11:30	Vocarhythm 10:30~11:30	Pay Supersonic Wave Machine 10:30~11:15	★ Pelvic Yoga 10:20~11:20		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	
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12:00	★ Yoga 11:45~12:45	Aqua Jump 11:50~12:10	Roller Relax 11:40~12:00	Shape Up Aqua 11:45~12:30	Low Impact Function improvement 11:30~12:20	Butterfly Stroke Beginner 11:25~11:55	Low Impact Beginner 11:40~12:20								12:00	
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13:00	Pilates 13:00~13:50	★ PAY Swimming Class Intermediate/Lesson 13:00~14:00	Pilates Stretch 12:20~13:10		Function Improvement Exercise 12:30~13:15	Back Stroke Beginner 12:00~12:30	Total body shape 12:25~12:45								13:00	
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14:00	ZUMBA 14:00~14:50	Long Swim 30 14:05~14:35	Dumbbell shape up 13:20~14:20	★ PAY Personal Lesson 13:25~13:55	Street dance start 13:25~13:55	Aqua dances30 13:15~13:45	Pilates 13:00~13:50	Swimming Class Intermediate/Lesson 13:00~14:00	Pelvic Stretching 13:15~14:05						14:00	
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15:00	Stretch-eze Trial 15:00~15:30	Fin swim 14:45~15:15	Body Care 14:30~15:30	★ PAY Foam Check 14:00~14:30		Freestyle Basic 14:00~15:00	UBOUND45 14:05~14:50	Butterfly Stroke Intermediate 14:10~14:40	Hi-Lo Combo Pre-Intermediate 14:15~15:15						15:00	
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16:00		Power Hydroaqua 15:25~15:55	Latin dance 15:45~16:45	Personal Lesson 15:10~17:00		Roller Relax 15:15~15:35	Hip Hop 15:20~16:20	Breast Stroke Introductory 14:00~14:30	ZUMBA 15:30~16:30						16:00	
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19:00	Yoga 18:45~19:30	Aquabics30 19:00~19:30	Yoga 18:30~19:30	Fin swim 18:50~19:20	Sintex spine conditioning 18:30~19:30	Power Hydroaqua 18:30~19:00	STEP Pre-Intermediate 18:40~19:30	Noodl Aqua 19:00~19:20	Sintex spine conditioning 18:45~19:45						19:00	
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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	★ UBOUND45 19:40~20:25	Crawl Stroke Beginner 19:10~19:40	Pilates 19:40~20:10	Aqua Dances30 19:30~20:00	VIPR & Rhythmic VIPR 20:00~20:45						20:00	
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21:00	Aero jog Pre-Intermediate 20:30~21:30		UBOUND45 20:45~21:30		Hi-Lo Combo Intermediate 20:35~21:35		ZUMBA 20:20~21:20								21:00	
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Other	
7:00	<b>HOT</b> Hot program
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**Official Closing Day**

3/1(Sun) Ichigaya

3/6(Fri) Shibuya

3/7(Sat) Suidoubashi\* Akasaka

3/8(Sun) Yokohama\*Roppongi

esforta AKASAKA February 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
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8:00			★ Morning Yoga 8:00~8:50												8:00	
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9:00															9:00	
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10:00					★ Refresh conditioning 7:40~8:40										10:00	
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11:00	Low Impact Beginner 10:30~11:30	Aqua Walking 11:00~11:30	Vocarhythm 10:30~11:30	Pay Supersonic Wave Machine 10:30~11:15	★ Pelvic Yoga 10:20~11:20		Body & Mental Relax Yoga 10:30~11:30		Shape Up Walking 10:20~10:50	Body Care 10:15~11:15		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	
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12:00	★ Yoga 11:45~12:45	Aqua Jump 11:50~12:10	Roller Relax 11:40~12:00	Shape Up Aqua 11:45~12:30	Low Impact Function improvement 11:30~12:20	Butterfly Stroke Beginner 11:25~11:55	Low Impact Beginner 11:40~12:20								12:00	
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13:00	Pilates 13:00~13:50	★ PAY Swimming Class Intermediate/Lesson 13:00~14:00	Pilates Stretch 12:20~13:10		Function Improvement Exercise 12:30~13:15	Back Stroke Beginner 12:00~12:30	Total body shape 12:25~12:45								13:00	
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14:00	ZUMBA 14:00~14:50	Long Swim 30 14:05~14:35	Dumbbell shape up 13:20~14:20	★ PAY Personal Lesson 13:25~13:55	Street dance start 13:25~13:55	Aqua dances 30 13:15~13:45	Pilates 13:00~13:50								14:00	
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15:00	Stretch-eze Trial 15:00~15:30	Fin swim 14:45~15:15	Body Care 14:30~15:30	★ PAY Foam Check 14:00~14:30		Crawl Stroke 14:00~14:30	UBOUND45 14:05~14:50								15:00	
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16:00		Power Hydroaqua 15:25~15:55	Latin dance 15:45~16:45	Personal Lesson 15:10~17:00		Crawl Stroke Beginner 14:35~15:05	Hip Hop 15:20~16:20								16:00	
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19:00	Yoga 18:45~19:30	Aquabics 30 19:00~19:30	Yoga 18:30~19:30	Fin swim 18:50~19:20	Sintex spine conditioning Cardio & Tone	Power Hydroaqua 18:30~19:00	STEP Pre-Intermediate 18:40~19:30								19:00	
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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	★ UBOUND45 19:40~20:25	Crawl Stroke Beginner 19:10~19:40	Pilates 19:40~20:10								20:00	
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21:00	Aero jog Pre-Intermediate 20:30~21:30		UBOUND45 20:45~21:30		Hi-Lo Combo Intermediate 20:35~21:35		ZUMBA 20:20~21:20								21:00	
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7:00	<b>HOT</b> Hot program
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**Official Closing Day**

2/6(Thu) Shibuya • Ichigaya

2/7(Fri) Suidobashi • Akasaka

2/8(Sat) Yokohama • Roppongi