

esforta ROPPONGI 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 |
| 15 | | | | | | | | | | | | | | | 15 |
| 30 | Morning Yoga 7:20~8:10 MAYU | | Morning Pilates 7:20~8:10 Sakamoto Noriko | | Morning Yoga 7:20~8:10 Kishi | | | | | | | | | | 30 |
| 45 | | | | | | | | | | | | | | | 45 |
| 8:00 | | | | | | | | | | | | | | | 8:00 |
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| 9:00 | | | | | | | | | | | | | | | 9:00 |
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| 10:00 | | | | | | | | | | | | | | | 10:00 |
| 15 | | | | | | | | | | | | | | | 15 |
| 30 | | Walking In the Water 10:30~11:00 inoue | | | | | | | | | | | | | 30 |
| 45 | | | | | | | | | | | | | | | 45 |
| 11:00 | | | | | | | | | | | | | | | 11:00 |
| 15 | Pelvic Exercise 11:00~12:00 Sakamoto Yoko | Aquabics 11:05~11:35 inoue | Body making Pilates 11:00~12:00 Aki | Crawl Stroke Beginner 11:00~11:30 chiba | Yoga 11:00~12:00 SACHIKO | | | | | | | | | | 15 |
| 30 | | | | Back Stroke Beginner 11:40~12:10 chiba | | | | | | | | | | | 30 |
| 45 | | | | | | | | | | | | | | | 45 |
| 12:00 | | | | | | | | | | | | | | | 12:00 |
| 15 | Core cordinate 12:15~12:45 Shiho | | Low Impact Beginner 12:15~12:55 Ueda | | Pilates 12:10~13:00 SACHIKO | | | | | | | | | | 15 |
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| 45 | | | | | | | | | | | | | | | 45 |
| 13:00 | Ballet Beginner 12:55~13:55 Shiho | | Core Conditioning 13:10~13:40 Ueda | | NEW Theater Dance 13:10~14:10 Miyoshi | | | | | | | | | | 13:00 |
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| 14:00 | MOSSA/Group Power 14:05~14:50 Satoshi | | NEW Body Care 14:00~15:00 Kanai | NEW Aquabics 14:30~15:00 inaba | Roller Relax 14:20~14:35 STAFF | | | | | | | | | | 14:00 |
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| 15:00 | Aroma Yoga 15:00~16:00 momo | Crawl Stroke Beginner 15:00~15:30 Hosoi | Yoga 15:15~16:15 Natuki | NEW Shape up 15:10~15:40 inaba | Fitness HULA 14:45~15:45 Kubota | PAY Swimming School Challenge Class 15:00~16:00 Okonogi | | | | | | | | | 15:00 |
| 15 | | Breast Stroke Beginner 15:40~16:10 Hosoi | | | | | | | | | | | | | 15 |
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| 16:00 | | | | | | | | | | | | | | | 16:00 |
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| 17:00 | | | | | | | | | | | | | | | 17:00 |
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| 18:00 | | | | | | | | | | | | | | | 18:00 |
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| 19:00 | GRIT Plyo 18:45~19:15 Ito | | Belly Dance 18:45~19:30 RUI | | | | | | | | | | | | 19:00 |
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| 20:00 | vinyasa Yoga 19:30~20:30 Tetsuya | Crawl Stroke Beginner Intermediate 19:30~20:00 hosoi | Balleton 19:40~20:40 Shiho | | | | | | | | | | | | 20:00 |
| 15 | | Long Swim 20:10~20:40 hosoi | | | | | | | | | | | | | 15 |
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| 21:00 | PARTY FUNK 20:45~21:45 CHIZU | | NEW MOSSA/ GroupFight60 20:50~21:50 NOBU | | | | | | | | | | | | 21:00 |
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| 22:00 | | | | | | | | | | | | | | | 22:00 |
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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