

esforta SHIBUYA 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 | | | | | | | | | | | | | | | 30 |
| 45 | 7:30~8:20 Yoga<50> | | | | | | | 7:30~8:20 Yoga<50> | | 7:30~8:20 Yoga<50> | | | | | 45 |
| 8:00 | | | | | | | | | | | | | | | 8:00 |
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| 9:00 | | | | | | | | | | | | | | | 9:00 |
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| 10:00 | | | | | | | | | | | | | | | 10:00 |
| 15 | | | | | | | | | | | | | | | 15 |
| 30 | Flex cushion Yoga | Hydro Basic 10:30~11:00 | Mat Pilates 10:30~11:30 | Aquabics30 10:30~11:00 | Aroma Stretching &Relaxation 10:30~11:30 | NEW Crowl Intermediate 10:00~10:30 | | 7:30~8:20 Yoga<50> | | Yoga 10:00~11:00 | | Antigravity 9:20~10:20 | | | 10:00 |
| 45 | 10:30~11:30 | | | | | | | | | | | Walking 9:30~9:50 | | | 15 |
| 11:00 | | | | | | | | | | | | | | | 30 |
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NEW New program
PAY Paid program
C Capacity

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