

esforta SUIDOUBASHI April Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other	
	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL	POOLSIDE	POOL		
7:00															7:00 HOT Hot program	
15															15 NEW New program	
30															30 PAY Paid program	
45	Functional20 7:45~8:05		Morning Yoga 7:45~8:30		Morning Yoga 7:45~8:30		Morning Yoga 7:45~8:30		Spine conditioning 7:45~8:30		Hot Pilates 7:45~8:30				45 C Capacity	
8:00															8:00	
15															15	
30															30	
45															45	
9:00															9:00	
15															15	
30															30	
45															45	
10:00		PAY Beginner Class Lesson 10:00~11:00	Flex Cushion Stretch 10:15~10:35	Swimming with Fins 10:00~10:30	Hot Yoga 10:00~10:45			Power Hydroaqua 10:15~10:45	Hot Yoga 9:45~10:30		Hot Yoga 10:00~10:45	Conditioning swim 10:00~10:30		Aquatics45 10:00~10:45	10:00	
15	Health gymnastics 10:25~10:55														15	
30															30	
45															45	
11:00		Walking 11:15~11:45		Original Aqua 11:00~11:45	Hula 10:55~11:40	PAY Challenge Class Lesson 11:00~12:00		Aquatics30 11:00~11:30		Walking in the Water 10:45~11:30	Hot Body Care 11:15~12:00	NEW Crawl Stroke Beginner 10:45~11:30	Hot Yoga 11:10~11:55	NEW Buttefly Stroke Intermediate 11:00~11:45	11:00	
15															15	
30															30	
45															45	
12:00	Hot Yoga 12:00~12:45	NEW Back Stroke Introductory 12:00~12:30	Hot Body Care 12:00~12:45			NEW Swimming with fins 12:10~12:40		Long Swimmings with Fins 11:45~12:15		Aquatics 45 11:45~12:30		PAY Challenge Class 11:45~12:45		NEW Breast Stroke Beginner 12:00~12:30	12:00	
15															15	
30															30	
45															45	
13:00		Shape Up Aqua45 13:00~13:45	Hot lymph Stretch 12:55~13:40	Start & turn 13:00~13:30	Hot Pilates 12:35~13:20	NEW Back Stroke upper level 12:50~13:20	Hot Body Care 13:00~13:45	Roller & Stretch 12:30~12:50	Breast Stroke Beginner 12:30~13:30	Hot Yoga 12:50~13:35	NEW Swimming Form Check 13:00~13:30				13:00	
15															15	
30															30	
45															45	
14:00		NEW Butterfly Stroke Beginner 14:00~14:30	Hot Yoga 13:50~14:35	NEW Crawl Stroke Intermediate 13:40~14:10		Walking in the Water 13:30~14:15			Aquadance 14:00~14:30		Wavering 14:10~14:30	NEW Back Stroke Intermediate 13:45~14:30	Release & Stretch 14:00~14:30	Breast Stroke Beginner 14:00~14:45	Mitt shape 14:00~14:20	14:00
15															15	
30															30	
45															45	
15:00	Hot Pilates 14:45~15:30	PAY Advance Class Lesson 14:45~15:45	Shape up walking 14:45~15:30	Challenge Hydroaqua 15:40~16:10		NEW Crawl Stroke Introductory 14:25~14:55		Power Hydroaqua 14:40~15:10	Hot Pelvis Stretch 14:40~15:25	Breast Stroke Beginner 14:45~15:15	Rhythmic ViPR 14:45~15:15	Swimming with Fins 14:55~15:25		NEW Back Stroke Intermediate 15:05~15:35	15:00	
15															15	
30															30	
45															45	
16:00		Long Swimming 16:00~16:30		Stretch in the Jacuzzi with Aromatherapy 16:20~16:35					Private Lesson 15:00~18:00						16:00	
15															15	
30															30	
45															45	
17:00															17:00	
15															15	
30															30	
45															45	
18:00	Beauty Pelvis Stretch 18:15~19:00		Waist Shape 18:45~19:05	NEW Back Stroke Beginner 18:30~19:00		NEW Crawl Stroke Beginner 18:30~19:00									18:00	
15															15	
30															30	
45															45	
19:00		NEW Breast Stroke Intermediate 19:10~19:40	Hot Yoga 19:15~20:00		Pilates 19:00~19:45	NEW Long Swimmings with Fins 19:10~19:40	Hot Yoga 19:00~19:45		Rhythmic ViPR 19:00~19:30	Swim Eight 19:05~19:35				NEW Butterfly Stroke Intermediate 18:40~19:10	19:00	
15															15	
30															30	
45															45	
20:00	Wavering 19:50~20:10	Masters challenge 19:50~20:20		Advance Class 19:30~20:30			Waist Shape 18:55~20:15			Hydro circuit 19:45~20:15				Masters challenge 19:20~19:50	20:00	
15															15	
30		NEW Breast Stroke Beginner 20:30~21:00		Rhythmic ViPR 20:15~20:45		Aquatics45 20:00~20:45				Aquatics 30 20:25~20:55					30	
15															15	
30															30	
45															45	
21:00						Functional20 21:00~21:20									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