

esforta YOKOHAMA March Program

	MON			TUE			WED			THU			FRI			SAT			SUN			Other	
	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL		
7:00																						7:00	HOT Hot program
15																						15	NEW New program
30																						30	PAY Paid program
45																						45	
8:00																						8:00	
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30																						30	
45																						45	
9:00																						9:00	
15																						15	
30																						30	
45																						45	
10:00	Yoga 9:40~10:50	Salsa Shine 10:00~11:00	Walking in the Water 10:00~10:30	Belly Dance Basic 10:00~11:00	Hula Dance 10:00~11:00	Crawl Stroke Introductory 10:00~10:30	Pelvic Stretching 10:00~11:00	Tai-Chi 9:30~10:45	Low back pain prevention walking 9:15~9:45	Limph Stretching 9:30~10:30	Yoga 9:45~11:00	Walking Variety 10:00~10:30	Yoga 10:00~11:00	Hula Dance 10:00~11:15	Aquabics 45 10:00~10:45	LesMills BODYATTACK 10:00~11:00	Scapula Yoga 10:00~11:00	Aquabics 30 10:15~10:45	Spine Conditioning 9:30~10:30	Ballet Pre-Intermediate 9:45~11:15	Crawl Stroke Introductory 10:00~10:30	10:00	
15																						15	
30																						30	
45																						45	
11:00	Low Impact Beginner 11:00~12:00	Salsa on1 11:05~12:20	Aquabics 30 10:45~11:15	Yoga 11:15~12:15	Belly Dance application 11:15~12:15	Crawl Stroke Introductory 10:45~11:15	Shape up Low Impact Pre-Intermediate 11:15~12:15	RPB 11:10~12:10	Breast Stroke Introductory 10:40~11:10	Tai-Chi 10:45~11:45	Latin Dance Beginner 11:15~12:15	Walking Variety 10:45~11:15	Yoga 11:30~12:30 (Warm)	Hula Dance 10:45~11:30	Aquabics 45 10:45~11:30	LesMills BODYATTACK 10:45~11:30	Scapula Yoga 11:15~12:15	Power Yoga 11:15~12:30 (Warm)	Butterfly Stroke Introductory 11:00~11:30	Spine Conditioning 9:30~10:30	Breast Stroke Beginner 10:45~11:15	11:00	
15																						15	
30																						30	
45																						45	
12:00	Party Funk 12:15~13:15	HIPHOP 12:30~13:30	Crawl Stroke Beginner 12:45~13:45	Ritomos 12:30~13:30	RPB 12:30~13:30	Flow conditioning 11:25~11:40	Sintex® Tone 12:30~13:30	Ballroom Dancing 12:30~13:30	Butterfly Stroke Pre-Intermediate 12:25~13:25	MOSSA/ Group Fight 45 12:00~12:45	Theater Dance 12:30~13:30	Back Stroke Introductory 11:30~12:00	Yoga 11:30~12:30 (Warm)	West Shapeup &Stretching 12:30~13:10	Four Stroke Intermediate 12:45~13:45	West Shapeup &Stretching 12:30~13:15	RPB 12:45~13:45	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 12:45~13:45	Theme Park dance 11:30~12:30	Crawl Stroke Pre-Intermediate 11:30~12:30	12:00	
15																						15	
30																						30	
45																						45	
13:00	UBOUND 13:30~14:15	CHIZU Street Dance 13:45~14:45	Butterfly Stroke Beginner 14:00~14:30	Port De Bres 13:45~14:30	Yoga 14:00~15:00	Crawl Stroke Beginner 13:30~14:00	West Shape up 13:45~14:05	Belly Dance 13:45~14:45	Crawl Stroke Beginner 13:35~14:05	Latin Aerobics 13:00~14:00	Theater Dance 13:30~14:30	Skill Improvement 13:15~13:45	Low Impact Beginner & Small Boll 13:20~14:20	Pelvis Yoga 12:45~14:00	Four Stroke Intermediate 12:45~13:45	Hi-Low Combo Pre-Intermediate 13:30~14:30	RPB 12:45~13:45	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 12:45~13:45	LesMills GRIT Cardio 12:45~13:45	Personal Lesson 12:45~13:15 13:15~13:45	13:00	
15																						15	
30																						30	
45																						45	
14:00	Vocalism 14:30~15:30	JAZZ Dance Beginner 15:15~16:15	Shape up Aqua 14:45~15:15	ZUMBA GOLD 14:45~15:45	Four Stroke Pre-Intermediate 14:15~15:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 14:15~14:45	Improve Balance 14:15~15:15	Contemporary Dance 13:40~14:55	Swim with Fin 14:00~14:30	HOUSE Dance beginner 14:15~15:15	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	14:00	
15																						15	
30																						30	
45																						45	
15:00	Improve Balance 15:45~16:45	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	15:00	
15																						15	
30																						30	
45																						45	
16:00	Personal Lesson 16:00~16:30 16:30~17:00	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	16:00	
15																						15	
30																						30	
45																						45	
17:00	Pilates 17:30~18:15	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	17:00	
15																						15	
30																						30	
45																						45	
18:00	Meridians Yoga 18:30~19:30	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	18:00	
15																						15	
30																						30	
45																						45	
19:00	HIP HOP Beginner 19:30~20:30	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	19:00	
15																						15	
30																						30	
45																						45	
20:00	ZUMBA 19:45~20:45	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30	Personal Lesson 12:00~12:30 12:30~13:00 13:30~14:00	Yoga 14:15~15:15	Power Yoga 14:00~15:15	Special Lesson (3/1,3/29) 15:00~16:00	20:00	
15																						15	
30																						30	
45																						45	
21:00	MOSSA/ Group Power 60 21:00~22:00	JAZZ Dance Beginner 15:15~16:15	Long Swim 30 15:30~16:00	ZUMBA GOLD 14:45~15:45	Spine Conditioning 15:15~16:15	STEP Beginner 14:20~15:00	Spine Conditioning 15:15~16:15	Belly Dance 13:45~14:45	Aquabics 30 15:30~16:00	Strong by ZUMBA 15:30~16:30	Latin Dance 15:05~16:35	Aquadance 30 15:30~16:00	Yoga 15:50~16:50	Vocalism 14:35~15:35	Long Swim 30 15:30~16:00	ZUMBA 14:45~15:45	HIPHOP 14:30~15:30						

esforta YOKOHAMA February Program

	MON			TUE			WED			THU			FRI			SAT			SUN			Other			
	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL	STUDIO1	STUDIO2	POOL				
7:00																						7:00	HOT Hot program		
15																						15	NEW New program		
30																						30	PAY Paid program		
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9:00																						9:00			
15																						15			
30																						30			
45																						45			
10:00	Yoga 9:40~10:50	Salsa Shine 10:00~11:00	Walking in the Water 10:00~10:30	Belly Dance Basic 10:00~11:00	Hula Dance 10:00~11:00	Crawl Stroke Introductory 10:00~10:30	Pelvic Stretching 10:00~11:00		Tai-Chi 9:30~10:45		Limph Stretching 9:30~10:30	Yoga 9:45~11:00	Walking Variety 10:00~10:30	Yoga 10:00~11:00	Hula Dance 10:00~11:15	Aquabics 45 10:00~10:45	LesMills BODYATTACK 10:00~11:00	Scapula Yoga 10:00~11:00		Spine Conditioning 9:30~10:30	Ballet Pre-Intermediate 9:45~11:15	Crawl Stroke Introductory 10:00~10:30	10:00		
15																						15			
30																						30			
45																						45			
11:00																						11:00			
15	Low Impact Beginner 11:00~12:00	Salsa on1 11:05~12:20		Yoga 11:15~12:15	Belly Dance application 11:15~12:15	Crawl Stroke Introductory & Beginner 11:25~11:40	Shape up Low Impact Pre-Intermediate 11:15~12:15		RPB 11:10~12:10		Tai-Chi 10:45~11:45	Latin Dance Beginner 11:15~12:15	Back Stroke Introductory 11:30~12:00	Ritomos 11:15~12:15	Yoga 11:30~12:30 (Warm)	Crawl Stroke Introductory 11:45~12:15	Gravity Yoga 11:15~12:15	Power Yoga 11:15~12:30 (Warm)		Butterfly Stroke Introductory 11:45~12:15	MOSSA/ Group Power45 11:45~12:30	Theme Park dance 11:30~12:30	Crawl Stroke Pre-Intermediate 11:30~12:30	15	
30																						30			
45																						45			
12:00																						12:00			
15																						15			
30	Party Funk 12:15~13:15	※undecided 12:30~13:30		Ritomos 12:30~13:30	RPB 12:30~13:30		Crawl Stroke Introductory & Beginner 12:15~13:15	Sintex® Tone 12:30~13:30	Ballroom Dancing 12:30~13:30			Theater Dance 12:30~13:30										30			
45																						45			
13:00																						13:00			
15																						15			
30	UBOUND 13:30~14:15																					30			
45																						45			
14:00																						14:00			
15	CHIZU Street Dance 13:45~14:45																					15			
30																						30			
45																						45			
15:00	Vocalism 14:30~15:30																					15:00			
15																						15			
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16:00																						16:00			
15	Improve Balance 15:45~16:45																					15			
30																						30			
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17:00																						17:00			
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30	Pilates 17:30~18:15																					30			
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18:00																						18:00			
15																						15			
30	Meridians Yoga 18:30~19:30																					30			
45																						45			
19:00																						19:00			
15																						15			
30																						30			
45																						45			
20:00	ZUMBA 19:45~20:45	HIP HOP Beginner 19:30~20:30																				20:00			
15																						15			
30																						30			
45																						45			
21:00																						21:00			
15	MOSSA/ Group Power 60 21:00~22:00	HIP HOP Pre-Intermediate 20:40~22:10																				15			
30																						30			
45																						45			
22:00																						22:00			
15																						15			
30																						30			
45																						45			

Official Closing Day

2/6(Thu) Shibuya Ichigaya

2/7(Fri) Suidoubashi-Akasaka

2/8(Sat) Yokohama Roppongi