

esforta ICHIGAYA September Program

	MON		TUE		WED		THU		FRI		SAT		SUN		Other	
	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM		
7:00															7:00	HOT Hot program
15															15	NEW New program
30															30	PAY Paid program
45	Morning Yoga 7:30~8:20							Morning Yoga 7:30~8:20							45	
8:00															8:00	
15															15	
30															30	
45															45	
9:00															9:00	PAY Street Dance ¥1,500
15															15	Dance ¥4,000~
30															30	
45															45	
10:00															10:00	
15															15	
30															30	
45															45	
11:00	Low Impact Beginner 10:30~11:30		Dumbbell Shape Up 10:30~11:30		Shape up Low Impact Pre-Intermediate 10:30~11:30		Low Impact Beginner 10:30~11:30		Low Impact Beginner 10:30~11:30		High Impact Beginner 10:30~11:30		Low Impact Beginner 10:30~11:30		11:00	
15															15	
30															30	
45															45	
12:00	Yoga 11:45~12:45		Mat Pilates 11:45~12:45		Monariza Exersice 11:45~12:45		Yoga 11:45~12:45		Yoga 11:45~12:45		Hi-Low Combo Intermediate 11:40~12:40		Yoga 11:40~12:40		12:00	
15															15	
30															30	
45															45	
13:00	Mat Pilates 13:00~14:00		Low Impact Beginner 13:00~14:00		NEW UBOUND 13:00~14:00		Calisthenics lively 13:00~13:45		NEW UBOUND 13:00~13:45		Dumbbell Shape 12:50~13:50		NEW POLAR FACTOR F-CIT 13:00~13:45		13:00	9.7(Sat) Akasaka
15															15	
30															30	
45															45	
14:00	MOSSA/ Group Fight 14:10~14:55		Pelvic Exercise & Lymph 14:10~15:10		Mat Pilates 14:15~15:15		NEW POLAR VIPR20 14:30~14:50		ZUMBA 14:00~14:50		Power Yoga 14:00~15:00		Hi-Low Combo Pre-Intermediate 14:00~15:00		14:00	9.8(Sun)~9.12(Thu) Suidobashi
15															15	
30															30	
45															45	
15:00	NEW OXIGENO 15:10~15:40		NEW Street Dance 15:30~16:30		NEW POLAR TRX20 15:40~16:00		NEW POLAR TOP RIDE 15:30~16:15		Street Dance 15:00~16:00		NEW UBOUND 15:15~16:00		Street Dance Free Style 15:10~16:10		15:00	9.8(Sun) Roppongi-Yokohama
15															15	
30															30	
45															45	
16:00	NEW VIPR20 16:00~16:20														16:00	9.1(Sun)Private show 9.2(Mon)Renewal Open 9.20(Fri)7:00~21:00 Ichigaya
15															15	
30															30	
45															45	
17:00															17:00	
15															15	
30															30	
45															45	
18:00															18:00	
15															15	
30															30	
45															45	
19:00	Mat Pilates 18:30~19:20		Low Impact Beginner 18:30~19:10		NEW Yoga 18:30~19:30		Low Impact Beginner 18:30~19:30		NEW TOP RIDE 18:30~19:15		PAY Street Dance 18:55~19:55				19:00	
15															15	
30															30	
45															45	
20:00	NEW Low Impact Beginner 19:30~20:10		Body Make 19:15~19:35												20:00	
15															15	
30															30	
45															45	
21:00	ZUMBA 20:20~21:20		PARTY FUNK 19:45~20:35		MOSSA/ Group Fight 19:45~20:45		Power Yoga 19:40~20:40		NEW Hi-Low Combo Pre-Intermediate 19:30~20:30		PAY Dance 20:00~21:00				21:00	
15															15	
30															30	
45															45	
22:00			NEW POLAR FACTOR F-CIT 20:45~21:30		NEW POLAR TOP RIDE 21:00~21:45		UBOUND 20:55~21:55								22:00	
15															15	
30															30	
45															45	
22:00			NEW OXIGENO 21:45~22:30												22:00	
15															15	
30															30	
45															45	

