




# MM Begin WEEKLY SCHEDULE

2018.1.1~

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
	1studio	2studio	3studio	pool	1studio	2studio	3studio	pool	1studio	2studio	3studio	pool	1studio	2studio	3studio	pool	1studio	2studio	3studio	pool	1studio	2studio	3studio	pool	1studio	2studio	3studio	pool				
10:00																																
10:30	FIGHTING EX 50 yoko	BODY MAKE INOHARA	TAI'CHI DANCE 45 SABURI		SHAPE AERO 45 IMAI	STRETCH YOGA 60 IMAMURA	10:45~ FAT COMBUSTION TRAINING 30 OKADA	10:30~ AQUA WALKING 30 KURIYAMA	10:30~ TAI'CHI 60 YUASA	adidas Boxing 50 MORO		10:40~ AQUA SHAPE 45 TATENO	10:30~ SIMPLE AERO45 SHIMAZU	10:30~ ALOHA DANCE 60 TOYODOME		10:30~ BEGINNER'S SWIM 30 INABA	10:45~ THE COURT QI GONG 60 KURABAYASHI			10:20~ AQUA AEROBICS 30 SEKIGUCHI	10:40~ adidas gym & run 40 HAMAGUCHI	10:30~ PORT DE BRAS 45 OTA	10:30~ AQUA ZUMBA 45 SHIMIZU	10:30~ SHAPE BOXING 60 TAKADA	10:30~ FITNESS TAI'CHI 60 OU							
11:00																																
11:30	11:35~ BALLETONE 50 JIN	11:30~ PILATES 60 INOUE	11:40~ FULL BODY SHAPE UP 30 STAFF	11:30~ AQUA AEROBICS 30 INOHARA	11:35~ STREET DANCE 50 ASAMI	11:30~ SIMPLE AERO 45 OKADA	11:45~ PELVIC EXERCISE & STRICH 60 IMAMURA	11:30~ AQUA AEROBICS 30 KURIYAMA	11:40~ BASIC YOGA 50 KOUNO	11:45~ ZUMBA 45 NINIE	11:45~ BEGINNER'S AERO 30 TSUBOI	11:35~ TRY 25M 45 MATSUMOTO	11:45~ JAZZ DANCE 60 T.KUMAGAI	11:45~ ACTIVE YOGA 60 Chihiro		11:35~ TRY 25M 45 INABA	11:45~ FIGHTING EX 30 SHIMAZU	11:45~ ADIDAS YOGA 50 SHINDO	11:45~ STREET DANCE 45 IGARASHI	11:45~ BEGINNER'S SWIM 30 I.KUMAGAI	11:35~ BASIC YOGA 50 TAKAYASHIKI	11:30~ STEP MANIACS 60 N.TAKAHASHI	11:35~ BEGINNER'S STEP 30 OTA	11:30~ AQUA AEROBICS 30 SHIMIZU	11:45~ BALLETONE 50 TAKADA	11:45~ BASIC YOGA 50 TAKAYASHIKI						
12:00																																
12:30	12:40~ HIPHOP 60 rena	12:50~ SHAPE STEP 45 OBATA	13:15~ MINI BALL EX 30 TSUBOI	13:00~ MEDLEY CHALLENGE 45 INABA	12:40~ STICK WORKOUT 50 NOTOYA	12:30~ RITMOS 60 KOBAYASHI	13:00~ BARRE STRETCH 30 Y.NAGAO	12:40~ BALLETONE 50 JIN	12:45~ BODY MAINTENANCE 60 FUKUI	12:45~ Ohana Hula E Matulani 60 Kelly	12:30~ BEGINNER'S SWIM 30 MATSUMOTO	13:00~ ZUMBA 60 TAJIRI	13:00~ BALLETONE 50 Moe	13:00~ BODY BALANCE 30 T.KUMAGAI		13:30~ RITMOS 60 SHINDO	12:45~ BODY CONDITIONING 60 IGARASHI	12:45~ BODY CONDITIONING 60 IGARASHI	12:35~ BEGINNER'S AERO 30 YAMADA	12:25~ MEDLEY CHALLENGE 45 I.KUMAGAI	12:45~ MULTI-BONE SETTER 30 N.TAKAHASHI	12:45~ ZUMBA 60 NINIE	13:30~ AQUA AEROBICS 30 INABA	12:50~ BOSU BALANCE 40 STAFF	13:00~ BOSU BALANCE 40 STAFF	13:00~ BEGINNER'S BALLET 60 JIN						
13:00																																
13:30	13:55~ BOSU BALANCE 40 STAFF	13:50~ ZUMBA 45 M.TAKAHASHI	14:05~ BEGINNER'S AERO 30 KOBAYASHI	13:55~ FIN SWIM 30 INABA	13:45~ POWER WORKOUT 50 NOTOYA	13:45~ BEGINNER'S BALLET 60 Y.NAGAO		14:30~ INTERMEDIATE SWIM 30 MATSUDA	14:45~ BELLY DANCE 60 AYAKA	14:40~ FIGHTING EX 30 FUKUI	14:00~ SIMPLE STEP45 HAMAGUCHI	14:00~ BALANCE BALL 30 FUKUI	14:15~ PORT DE BRAS 45 TAKAOKA	14:05~ FIGURER BICS 45 Moe		15:00~ BEGINNER'S SWIM 30 SEKIGUCHI	15:00~ HIPHOP 60 rena	15:00~ BASIC YOGA 60 YAMADA	14:00~ RADICAL POWER45 STAFF	14:00~ ZUMBA 45 TAJIRI	14:25~ BOSU BALL 30 STAFF	14:25~ BOSU BALL 30 STAFF	14:10~ POLE ST 30 UNNO	14:10~ MEDLEY CHALLENGE 45 BABA	14:25~ RADICAL POWER45 STAFF	14:15~ RITMOS 60 SHINDO	14:15~ BALLET CENTER PLUS30 JIN					
14:00																																
14:30	14:50~ BASIC YOGA 50 TAKAYASHIKI	14:50~ DANCE AERO 45 KOBAYASHI	15:00~ BEGINNER'S PILATES30 FUKUI	14:45~ AQUA GLOVE 30 INABA	15:00~ RERAX YOGA 60 SHINDO	15:00~ SHAPE AERO 60 MIYAISHI		15:10~ ADVANCED SWIM 45 MATSUDA	15:15~ PILATES 50 HAMAGUCHI	15:20~ RELAX YOGA 60 Rina	15:00~ INTERMEDIATE SWIM 30 MATSUDA	15:20~ AERO MANIACS 60 N.TAKAHASHI	15:20~ AERO MANIACS 60 N.TAKAHASHI	15:20~ AERO MANIACS 60 N.TAKAHASHI		16:20~ BEGINNER'S SWIM 30 SEKIGUCHI	16:15~ SHAPE BOXING 60 TAKADA	16:15~ SHAPE BOXING 60 TAKADA	15:30~ BOXING STRETCH30 TAKADA	15:40~ MEDLEY CHALLENGE 45 MATSUDA	15:10~ RADICAL POWER45 STAFF	15:00~ ACTIVE YOGA 60 UNNO	16:15~ SHAPE BOXING 60 MIWA	16:15~ AERO MANIACS 60 SUGAWARA	16:30~ SIMPLE AERO45 AZU	16:30~ ACTIVE YOGA 60 K.KOBAYASHI						
15:00																																
15:30	15:50~ SHAOLINJI STYLE MIND FULMATE MEDITATION 60 NAGOYA	15:45~ FASCIA RELEASE 45 FUKUI	16:10~ BODY CONDITIONING 45 MIYAISHI	16:10~ BODY CONDITIONING 45 MIYAISHI	16:10~ HIPHOP JAZZ 60 T.KUMAGAI	17:45~																										
16:00																																
16:30																																
17:00																																
17:30																																
18:00																																
18:30																																
19:00	19:00~ PILATES 50 MASATOMI	18:45~ BEGINNER'S ASHTANGA YOGA 60 SHINDO	18:45~ BEGINNER'S AERO 30 NAGAO	18:35~ BEGINNER'S SWIM 30 MOIZUMI	19:00~ DANCE AERO 45 KANAI	19:00~ BALLET WORKOUT 60 SANO		19:30~ FIGHTING EX 30 yoko	19:00~ POWER WORKOUT 50 NOTOYA	19:15~ BODY MAKE 45 TOBITA	19:00~ SIMPLE STEP45 GOTOU	19:00~ BEGINNER'S BALLET 60 ISHII	19:00~ SHAOLINJI STYLE MIND FULMATE MEDITATION 60 NAGOYA	19:00~ AQUA AEROBICS 45 HASHIGUCHI	19:00~ BASIC YOGA 50 KOUNO	19:00~ SIMPLE AERO 45 SUGAWARA	19:20~ ABS FIT 20 STAFF	19:20~ LUMBAGO PREVENTION SWIM 45 MOIZUMI	18:45~ SIMPLE STEP45 KIMURA	18:45~ MONALISA EXERCISE 50 KOMORI	18:45~ BALLET CENTER PLUS30 ISHII	18:25~ ADVANCED SWIM 45 MATSUMOTO	17:30~ FUNCTIONAL STRETCH 45 SUGAWARA	17:30~ BEGINNER'S BALLET 60 ISHII	18:45~ TRY 25M 45 MATSUMOTO							
19:30	20:05~ BALLETONE 50 TAKAOKA	20:00~ ZUMBA 45 NINIE	20:15~ BODY BALANCE 30 TANIGUCHI	20:10~ ADVANCED SWIM TRAINING 60 MOIZUMI	20:05~ BALLETONE 50 KANAI	20:15~ SHAPE AEROBICS 45 KAYO		20:10~ TRY 25M 45 SEKI	20:05~ FIGHTING EX 50 NOTOYA	20:15~ ZUMBA 45 AKIYAMA	20:05~ ADIDAS YOGA 50 JIN	20:15~ SHAPE STEP 45 OBATA	20:30~ BEGINNER'S PILATES30 MIYAISHI	20:05~ FIGHTING EX 50 NOTOYA	20:00~ FUNCTIONAL STRETCH 45 SUGAWARA	20:05~ SWIM TRAINING 45 MOIZUMI	20:05~ SWIM TRAINING 45 MOIZUMI	19:45~ SIMPLE AERO45 KIMURA	19:45~ PELVIC RESET YOGA 60 KOMORI													
20:00																																
20:30																																
21:00	21:10~ adidas Boxing 50 THUJIMOTO	21:00~ JAZZ DANCE 60 TANGUCHI			21:10~ POWER WORKOUT 50 yoko	21:15~ PELVIC SHAPE 60 KAYO		21:05~ FIN SWIM 30 SEKI	21:10~ RELAX YOGA 50 KIMURA	21:15~ SIMPLE STEP 45 AKIYAMA	21:10~ STREET DANCE 50 TOMOYO	21:15~ SHAPE AERO 45 MIYAISHI	21:15~ POLE ST 30 OBATA	21:10~ ADVANCED SWIM 45 HASHIGUCHI	21:05~ POWER WORKOUT 50 WATANABE	21:00~ HIPHOP 60 HARU																
21:30																																
22:00																																
22:30																																
23:00																																

 This symbol signifies that beginners can easily join in class. When entering studio, please slide your arm band over the training record. Please understand that schedules may be changed due to special occasions.
  Colored boxes are the class which has been changed.
  You can join these class bare feet.

Please follow instructors directions when participating in a lesson. You can only register your record into the training record 15 to 20 minutes before the class begins. Furthermore, please do not exit between the lesson to prevent accidents.