GOTENSHITA MEMORIAL ARENA Exercise Class Schedule April 2025

			NSHITA MEMORI							CEICISE CIASS 5						0111 2023			
	MONDAY			TUESDAY		WEDNESDAY		THURSDAY			FRIDAY			SATURDAY					
Studio	Training Room Gymnasium	Pool	Studio	Training Room	Pool	Studio	Training Room Gymnasium	Pool	Studio	Training Room	Gymnasium Pool	Studio	Training Room	Gymnasium	Pool	Studio	Training Room	Gymnasium	Pool
	12:15		12:10				12:15		12:10			12:10	12:15						
	Slim 🐸		Easy				Slim 🏎					Meditation	Slim						
	Circuit		Yoga				Circuit		Pilates			and	Circuit						
	Kajiki		Koyama				Koyama					Yoga	Takahashi						
	12:45					1	12:45		Matsuda			Asano	12:45						
			12:50						12:50			12:50							
										Moved	l from Monday					12:00			
											evening					Jazz	Ma		
																Dance			
												1.4 7.	ad E1h wa	ek : Tanig	.ah:	Beginner			
														ek : Tanigi ek : Ogiwar		Futakawa			
												Zna	, 4111 wee	ek • Uyı war	a	12:50			
		_		1 1	•	ı							1			13:00		Sometime	
		* 🌑		INDOOR SH	OES re	quire	d l									Ballet	A42	Training R	₹oom
			_		_											first-timer			
																13:50		14:00	
																14:10		17.00	No
																Pilates		Savate	
	Moved from 19:	25														Pilates		JSC	ı
																Nakazawa			i
•	7																	Instrutors	ı
17.20			17.20			17.20			17.20			17.20				15:00		15:00	1
17:30	No.		17:30			17:30			17:30			17:30				15:10	Marie		1
Shape UP			A awa lai aa			Flow			Shape			Dilatas				Aerobics			
			Aerobics			Yoga			UP			Pilates				beginner&			
Boxing			beginner			4			Boxing			O milh man				intermediate	16.00		
Lenn			Takahashi			Asano			Lenn			Ogihara				Koyama	16:00		
18:15			18:15		ļ	18:15			18:15			18:15				16:10			
18:25			18:20		-	18:25			40.55			18:25				Relaxation			
Ashtanga			Aroma			Body			18:30					1	8:30	Yoga			l
Yoga			Yoga			Attack			Dance			ZUMBA				Sato			l
									Fitness			Ishikawa				17:00	_		<u> </u>
Saito			Watanabe	19:05		Ōhira			Kawamura					S	wimming	17:10			
19:15			19:10			19:15						19:10			Kyoya			r indicato	
			19:20	Savate					19:15	•		19:20	<u> </u>			Yoga	exe	rcise cate	gory
						19:25			19:25			HipHop				Sato			
			Yoga	JSC	ľ				Aerobics	Maria		beginner&		<u> </u>	19:30	18:10			
				Instrutors	i	intermediate			beginner			intermediate					Car	dio exerc	cise
			Watanabe	20:05		Sakashita			Kawamura			Miyamoto						ce & Cult	
			20:05			20:10			20:10			20:10						Relaxatio	
					ŀ					I								scle exer	
																•	Tide	Jaro exert	J. J J
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FITNESS AT TODAI'S CORE: GOTENSHITA http://www.undou-kai.com/goten