IchiGeki FITNESS CLUB
BODY PLANT

STUDIO PROGRAM FOR APRIL~JUNE

	MON		TUE		WED		THUR		FRI	SAT	SUN
	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO A	STUDIO A
	Open at 7:00		Open at 7:00		Open at 7:00		Open at 7:00		Open at 7:00	Open at 10:00	Open at 10:00
10:00											
10:30	Self Ajustment 10:30~11:15 KOYAMA	PERSONAL TREANING	Yoga 10:30~11:15 MATSUDA	PERSONAL TREANING	Hata Yoga 10:30~11:30 YASUMIN	PERSONAL TREANING	Yoga 10:30~11:15 NAGASHIMA	PERSONAL TREANING	Studio meintenance		Hata Yoga 10:30~11:30 YASMIN
11:00											
11:30	NEW FIT FR Relaxation 11:25~11:55 NAGASHIMA		Muscles Pump 11:30~12:15 AKIYAMA		NEW FIT FR Relaxation 11:45~12:15 AKIYAMA		Russian stretching 11:30~12:15 KSENIYA			Russian pirates 11:30~12:15 KSENIYA	Start Aerobics 11:45~12:30 NAGANO
12:00	Start Aerobics 12:05~12:50 TOMO		NEW ICHIGEKI Mitt 12:30~13:00 TOSHIYUKI SAKUMA		NEW FIT Super Circuit 12:25~12:55 NAGANO		NEW Rhythm&Shape45 12:30~13:15 MASTUDA			NEW TOSHI'S Special 12:30~13:00 TOSHI	NEW FIT Super Circuit 12:45~13:15 永野
12:30											
13:00	Start Step 13:05~13:50 TOMO		Start Aero 13:15~14:00 NAGANO		Power Yoga 13:05~14:05 HIGURASHI					Power Yoga 13:15~14:00 NAGASHIMA	NEW FIT FR Conditioning 13:30~14:00 IINO
13:30							Ishta Yoga (Level2) 13:30~14:45 MIFUNE				
14:00	HIP HOP (beginner) 14:00~15:00 Mei		Ishta Yoga 14:15~15:15 YOSHIDA		NEW Aero-Wark 14:20~15:05 HIGURASHI					Belly Dance 14:15~15:15 MAKI	KENCON 14:15~15:00 YAMAKAWA
14:30											NEW FIT FR Relaxation 15:15~15:45 KOIKE
15:00	Power Yoga 15:15~16:15 NAGASHIMA		Russian stretching 15:30~16:30 KSENIYA		HIP HOP(basic) 15:15~16:15 Mei		Muscles Pump 15:00~15:45 AKIYAMA			Body Care 15:30~16:30 HARU	
15:30							NEW FIT FR Conditioning 16:00~16:30 IINO				Kakutou Shape 16:00~16:45 KOIKE
16:00											
16:30										Muscles Pump 16:45~17:30 NAGASHIMA	Power Yoga 17:00~18:00 IINO
17:00											
17:30										NEW FIT Super Circuit 17:45~18:15 NAGASHIMA	
18:00											
18:30											
19:00		NEW FIT Core shape 19:30~20:00 TANAKA	Ballet (basic) 19:30~20:30 Aya	Aroma Pirates 19:35~20:35 CHIHARA	Belly Dance 19:30~20:30 MAKI	NEW FIT FR Relaxation 19:40~20:10 NAGANO	Start Aerobics 19:30~20:15 TOMO	Russian ballet 19:35~20:35 KSENIYA		Self Ajustment 18:45~19:45 TAKEDA	
19:30											
20:00	HIP HOP(初級) 20:05~21:05 MIKIKO	Start Aerobics 20:10~20:55 NAGANO	Punch de Aero 20:40~21:25 TOMIZAWA	NEW FIT FR Conditioning 20:45~21:15 IINO	NEW ICHIGEKI Mitt 20:40~21:10 TOSHIYUKI SAKUMA	Dharma Mittra Yoga 20:20~21:20 Yukako	Pump&shape 45 20:25~21:10 TOMIZAWA	NEW FIT Super Circuit 20:45~21:15 TANAKA			Close at 20:00
20:30											
21:00	SUPER CHARGE KICK BOXING 21:15~22:00 JAYSON	Power Yoga 60 21:05~22:05 IINO	Pump&shape 45 21:35~22:20 TOMIZAWA	Yoga(basic) 21:25~22:10 IINO	Start Step 21:20~22:05 TOMO	HIP HOP 21:30~22:30 MIKIKO	HIP HOP Freestyle 21:20~22:35 Mei	NEW FIT FIT Core shape 21:25~21:55 TANAKA	Close at 21:00	Close at 21:00	
21:30											Yoga・Pirates
22:00											stretching
22:30											Aerobics
											Workout
											Martial Arts
											HIPHOP
											Culture
											Conditioning
	Close at 23:00		Close at 23:00		Close at 23:00		Close at 23:00				

※Programs are depend on each insutracter