

	Name of class	Level	Messege from our instracter
<i>Yoga & Pirates</i>	Russian pirates	★	Russian pirates coached in English.
	Ishta Yoga	★	Move step by step and and careful.Good for beginners
	Ishta Yoga (Level2)	★	Ishta means "individual" in Sanskrit. It will give you a great time of yoga for each of your personarity and conditions.
	Yoga	★	Yoga strengthens your inner muscle , improve your posture,and make your figure more beautiful!
	Hata Yoga	★	Doing Yoga with focus on your breath and inside of your body makes you more helthy and beautiful.
	Dharma Mittra Yoga	★	It is called "king of American Yoga" in New York!
	Aroma Pirates	★	Pirates as enjoying aroma make you relax and adjust your body and heart much more.
	Power Yoga	★★	Yoga placed a emphasis on strengthening muscles.Good for getting in shape.
<i>stretching</i>	FIT FR Relaxation	★	A class of stretching&relaxation which relax your whole body with stretching pole.
	Russian stretching	★	Russian stretching coached in English.
<i>Workout</i>	FIT Core shape	★	Strengthen abdminal muscle for stability of your body core.
	Muscles Pump	★★	Barbell exercise with alterable weights .
	Pump&shape	★★★	Workout with barbells strengthens your muscle.
<i>Aerobics</i>	FIT Super Circuit Training	★★	Total conditioning class to repeat resistance training&aerobic exercise.
	Start Aerobics	★	The class of aerobics exercise for beginner.Let's get the basic movements!
	Start Steps	★	The class of step exercise for beginner.Let's get the basic movements!
	Aero-Wark	★	Simple warking aerobic exercsise to burn off calories&improve staying power.(Beginners are welcome!)
	Punch de Aero	★★	Not only boxercise but also aerobics exersize . . . Have fun and sweat a lot!
	Kakutou Shape	★★	The aerobics exercise class brought in the movement of martial arts.
<i>Martial Arts</i>	ICHIDEKI Mitt	★★	"Kyokushin Karate so-honbu doujo official coach" SAKUMATOSHIYUKI's special class. Let's hit a mitt&reduce stress.
	KENCON	★★	The prizefighter teach you! 12R with shadowboxing and punching mitts!
	SUPER CHARGE -kick boxing-	★★★	JAYSON who is a trainer of K1 fighters like GLAUBE and RAY SEFO directly coach you!
	TOSHI's Special	★★	Orginal traning to develop your internal power without regard to age or sex.This class is limited period class.
<i>Culture</i>	Rhythm & Shape	★	Let's move with dance music&have fun!
	Ballet (basic)	★	Let's enjoy dancing and be more pretty!
	Belly Dance	★	Belly dance which is very voluptuous dance came from Egypt.
	Russian ballet	★	Russian stretching, pirates and ballet coached in English.
<i>HIPHOP</i>	HIPHOP (Beginners)	★	Good to start Hip Hop dance from this class. Beginners are welcome!
	HIPHOP (basic)	★	Let's master the basic movements of Hip Hop dance!
	HIPHOP	★★	Hip Hop class for the beginners to the person get used to it. Everybody Hip Hop!
	HIPHOP Freestyle	★★★	Freestyle Hip Hop class.Let's dance together!
<i>Conditioning</i>	FIT FR Conditioning	★	Using stretching pole to improve stability&flexibility of your body
	Self Ajustment	★	Using your body weights to adjust your position and relieve some of your tiredness.
	Bodycare	★★	Special self massge to make your body open and relaxed.

©For a measure of safety,please do not enter or leave the class past 10 mumites after the class started .