

2017

9/1 ~ 9/30

THE ENTENTE FITNESS CLUB STUDIO SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					⑦ 10:00-11:00 Level1 ⑧ 14:00-15:00 Yoga ⑬ 15:30-16:30 Wave Condi.. ⑫ 19:30-20:30 Ball & Pole	⑨ 11:00-12:00 Hula
3	4	5	6	7	8	9
⑪ 11:00-12:00 Danish gym.. ⑩ 【※】 14:30-15:30 Level2	休館日 / Closed	① 9:45-10:45 Yoga ② 11:00-12:00 Ball & Pole ★ 12:15-13:00 Aquabics ③ 13:45-14:30 Aroma ④ 19:00-20:00 Ballet exer..	⑤ 10:00-11:00 Pilates ① 14:00-15:00 Yoga	⑥ 10:00-11:00 Step Work.. ⑬ 13:30-14:15 Functional ⑭ 14:30-15:30 Wave condi..	⑦ 10:00-11:00 Level1 ⑧ 14:00-15:00 Yoga ⑬ 15:30-16:30 Wave Condi..	⑨ 11:00-12:00 Hula
10	11	12	13	14	15	16
⑪ 11:00-12:00 Danish gym.. ⑩ 【※】 14:30-15:30 Level2	休館日 / Closed	① 9:45-10:45 Yoga ② 11:00-12:00 Ball & Pole ★ 12:15-13:00 Aquabics ③ 13:45-14:30 Aroma ④ 19:00-20:00 Ballet exer..	⑤ 10:00-11:00 Pilates ① 14:00-15:00 Yoga	⑥ 10:00-11:00 Step Work.. ⑬ 13:30-14:15 Functional ⑭ Wave conditioning Changed to August.16th (Sat.)	⑦ 10:00-11:00 Level1 ⑧ 14:00-15:00 Yoga	⑨ 11:00-12:00 Hula ⑭ 13:30-14:30 Wave conditioning ① 17:00-18:00 Yoga
17	18	19	20	21	22	23
⑩ 【※】 14:30-15:30 Level2	祝日営業 / Open	① 9:45-10:45 Yoga ② 11:00-12:00 Ball & Pole ★ 12:15-13:00 Aquabics ③ 13:45-14:30 Aroma ④ 19:00-20:00 Ballet exer..	⑤ 10:00-11:00 Pilates ⑨ 11:15-12:15 Hula ① 14:00-15:00 Yoga	⑥ 10:00-11:00 Step Work.. ⑬ 13:30-14:15 Functional ⑭ 14:30-15:30 Wave condi..	⑦ 10:00-11:00 Level1 ⑧ 14:00-15:00 Yoga ⑫ 19:30-20:30 Ball & Pole	⑨ 11:00-12:00 Hula
24	25	26	27	28	29	30
⑩ 【※】 14:30-15:30 Level2	休館日 / Closed	① 9:45-10:45 Yoga ② 11:00-12:00 Ball & Pole ★ 12:15-13:00 Aquabics ③ 13:45-14:30 Aroma ④ 19:00-20:00 Ballet exer..	⑤ 10:00-11:00 Pilates ① 14:00-15:00 Yoga	⑥ 10:00-11:00 Step Work.. ⑬ 13:30-14:15 Functional ⑭ 14:30-15:30 Wave condi..	⑦ 10:00-11:00 Level1 ⑧ 14:00-15:00 Yoga ⑫ 19:30-20:30 Ball & Pole	⑨ Hula Changed to Augaust.20th (Wed.) ⑪ 11:00-12:00 Danish gym.. ⑬ 13:30-14:30 Wave Condi..

memo

★追加クラスとレギュラークラスの日時変更につきましては、上記をご確認ください。Please confirm above for the additional classes and regular class changes.

青色/Blue→今月の追加クラス/This month additional class. 緑/Green→レギュラークラスの日時変更/Date and time changed of regular class.

【※】 18未満は参加できません。 / 【※】 Under 18yrs. not permitted.