

February.2024

	MON	TUE	WED	THU	FRI	SAT	SUN	MEMO
10:00	10:00-11:00 Pilates TOMO <b>2/12 Cancelled</b>	10:00-11:00 Yoga Kumiko Mishima	10:00-11:00 Yoga TOMOMI	10:00-11:00 ZERO-I conditioning Fukasawa	10:00-11:00 Yoga Kumiko Mishima	10:00-11:00 Dead weight training NAO <b>2/10 Cancelled</b>	10:00-11:00 Yoga MOMOCCO <b>2/25 Cancelled</b>	
11:00	11:10-12:10 Body Makeup Exercise TOMO <b>2/12 Cancelled</b>	11:10-12:40 KRAZYBEE	11:10-12:10 Pilates TOMO	11:10-12:40 KRAZYBEE	11:10-12:40 Self-defense Boaz Hagay	11:10-12:40 Kickboxing [Beginner - Intermediate] Shintaro	11:10-12:10 Pilates TOMO <b>2/11 Cancelled</b>	
12:00			11:10-13:00 MMA Grappling [Advanced] Kokuei					
12:20	12:20-13:20 Kickboxing REO		12:20-13:20 Circuit training TOMO		12:50-13:20 Fat-burning all-out circuit TOMO		12:20-13:20 Strength&Conditioning NAO <b>2/11 Cancelled</b>	
13:00						13:00-14:30 Kids Physical for Fitness [Age free] Izumida & Matsui		
14:00						14:40-15:40 Kids Wrestling [Age free] Izumida & Matsui	13:30-14:30 Kick Boxing [Beginner] REO / Okano	
15:00						15:50-16:50 Kids Wrestling Advanced [Age free] Izumida & Matsui	14:40-15:40 MMA Basic [Beginner] REO	
16:00	16:30-18:00 Kids Kick&Physical Training REO	16:00-17:00 Kids Wrestling [Age free] Kaito Nakamura	16:00-17:00 Kids Wrestling [Ages 3-6] Kaito Nakamura	16:00-17:00 Kids Dance Mao <b>2/29 Cancelled</b>	16:00-17:00 Kids Wrestling [Ages 3-6] Kaito Nakamura			
17:00		17:00-18:00 Kids Cheer Dance Mao	17:00-18:00 Kids Wrestling [Over 1st grade of elementary school] Kaito Nakamura	17:00-18:00 Kids Physical Training YSA staff	17:00-18:00 Kids Wrestling [Over 1st grade of elementary school] Kaito Nakamura	17:00-18:00 Wrestling Izumida	15:50-16:50 Pads work YSA staff	
18:00								
18:10	18:10-19:10 MMA [Advanced]			18:10-19:10 Kickboxing Shintaro	18:10-19:10 MMA [Advanced]	<b>2/24 Cancelled</b>		
19:00		18:50-19:50 Kickboxing [Beginner - Intermediate] Shintaro	18:50-19:50 Ladies Kickboxing [Beginner - Intermediate] Shintaro			18:30-19:45 Core Performance ISHII	18:10-19:40 MMA [Advanced]	
20:00	19:20-20:20 Grappling No-Gi [Beginner] Tommy		19:50-20:50 Ladies Kickboxing [Intermediate - Advanced] Shintaro	19:20-20:20 Jiu-Jitsu [Beginner] Myke Ohura	19:20-20:20 MMA Basics [Beginner] Mine			
21:00	20:30-21:30 Grappling No-Gi [Experienced] Tommy	20:00-21:00 Kickboxing [Intermediate - Advanced] Shintaro		20:30-21:30 Jiu-Jitsu [Experienced] Myke Ohura	20:30-21:30 MMA Technique [Intermediate - Advanced] Mine	20:00-20:20 Relaxing Meditation ISHII <b>2/24 Cancelled</b>		
22:00		21:10-21:55 Kickboxing[Sparring] Shintaro	21:00-22:00 Relax Yoga Chiemi					

Pads work 3min 2R  
For free!!!!

Ask anytime!!



We will guide you to the stretching machine ZERO-I at the following time!

Please feel free to talk to ZERO-I trainer !

Every Monday 10:00~19:00 / Thursday 10:00~19:00 / Friday 12:00~21:00 / Saturday 12:00~21:00

\* Please feel free to use the empty space during times when there are no classes! (Stretching, self-training, etc.)