

November.2023

	MON	TUE	WED Women's Day	THU	FRI	SAT	SUN	MEMO
10:00	10:00-11:00 Pilates TOMO	10:00-11:00 Yoga Kumiko Mishima	10:00-11:00 Yoga TOMOMI	10:00-11:00 Kick fitness RYUYA	10:00-11:00 Yoga Kumiko Mishima	10:00-11:00 Dead weight training NAO	10:00-11:00 Yoga MOMOCO	11/19 Substitution Chiemi
11:00								
12:00	11:10-12:10 Body Makeup Exercise TOMO	11:10-12:40 Martial Arts Training for Professionals	11:10-12:10 Pilates TOMO	11:10-12:40 Martial Arts Training for Professionals	11:10-12:40 Self-defense Boaz Hagay	11:10-12:40 [Beginner - Intermediate] Kickboxing Shintaro	11:10-12:10 Pilates TOMO	
13:00	12:20-13:20 Kick fitness RYUYA		12:20-13:20 Circuit training TOMO		12:50-13:20 Fat-burning all-out circuit TOMO	13:00-14:30 [Age free] Kids Physical Fitness Izumida & Matsui	12:20-13:20 Muscle training NAO	
14:00	13:30-14:30 [Beginner] Kickboxing RYUYA					14:40-15:40 [Age free] Kids wrestling Izumida & Matsui	13:30-14:30 [Beginner] Boxing REO	
15:00						15:50-16:50 [Age free] Kids wrestling Advance Izumida & Matsui	14:40-15:40 [Beginner] MMA Basic REO	
16:00	16:00-17:00 Kids Kick RYUYA	16:00-17:00 [Age free] Kids wrestling Kaito Nakamura	16:00-17:00 [Ages 3-6] Kids wrestling Kaito Nakamura	16:00-17:00 Kids Dance Mao	16:00-17:00 [Ages 3-6] Kids wrestling Kaito Nakamura			
17:00	17:00-18:00 Kids MMA REO	17:00-18:00 Kids Cheer Mao	17:00-18:00 [From 1st grade elementary school] Kids wrestling Kaito Nakamura	17:00-18:00 Kids physical classes YSA staff	17:00-18:00 [From 1st grade elementary school] Kids wrestling Kaito Nakamura	17:00-18:00 Wrestling for adults Izumida	15:50-16:50 Free mitt YSA staff	
18:00							17:00-17:30 Stretch YSA staff	Mitt, 3 min×2R
19:00	18:10-19:10 [Beginner] MMA Basic REO	18:50-19:50 [Beginner - Intermediate] Kickboxing Shintaro	18:50-19:50 [Women Only] [Beginner - Intermediate] Kickboxing Shintaro	18:10-19:10 Kickboxing Shintaro	18:10-19:10 [Beginner] MMA Basic Kentaro	18:30-19:30 Core training to get stronger ISHII		We accept it!
20:00	19:20-20:20 [Technique] Grappling Tommy	20:00-21:00 [Intermediate - Advanced] Kickboxing Shintaro	19:50-20:50 [Women Only] [Intermediate - Advanced] Kickboxing Shintaro	19:20-20:20 [Technique] Jiu-Jitsu Myke Ohura	19:20-20:20 [Intermediate - Advanced] MMA Basics Mine	19:30-20:00 Relaxing Meditation ISHII		Feel free to contact our staff
21:00	20:30-21:30 [Sparring] Grappling Tommy	21:00-21:55 [Sparring] Kickboxing Shintaro	21:00-22:00 Relax Yoga Chiemi	20:30-21:30 [Sparring] Jiu-Jitsu Myke Ohura	20:30-21:30 20:00-21:00 [Intermediate - Advanced] MMA Sparring Mine			Please talk to us!
22:00								YSA YAMAMOTO SPORTS ACADEMY

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.)