Gymnasium         Pool           A         B         Pool           00         10:00~13:00         10:10-10:00	Gymnasium A B Lilac	nall Pool	Wed Gymnasium Pool		Thu				CENTRAL	SPORTS
00 A B Pool :00 10:00~13:00	Gymnasium A B Lilac	nall Pool	Gymnasium Pool		1110	F	ri	Sat	Sun	
00			A B FOOT	Gymnasium A B	— Lilac hall Pool	Gymnasium A B	Lilac hall Pool	Gymnasium A/BLilac hallPool9:00~10:00	Gymnasium A B	Pool
10:10~10:50 Lively and healthy gymnastics Swimming elementary level	71IMRA	10:10~10:55 Aquabics 11:00~12:00	0~13:00 10:10~10:20 Radio gymnastics 10:10~10: (Free of charge) 10:30~11:10 Swimming Advanced Pilates 11:00~12:	(Free of chain 10:30~11 Health	tics rge) 1:10 10:30~11:00 Aqua walking and iogging	10:00~13:00 10:20~11:00 ZUMBA	10:30~11:15 Aquabics	Class room           10:00~11:00           Class room           Class room           Up to 3 courses           11:00~12:00           11:00~12:00		10:00
11:10~11:50 11:10~11: Table tennis 12:10~12:50 11:10~11:50 Aqua walkin Aqua yalkin 12:10~12:50	ng	Class room	o the public] dminton Muscle training together	11:30~12:10 Yoga	Class room	[Open to the public] Table tennis BEAT	11:40~12:10 Butterfly elementary level	Class room     Health & Beauty gymnastics     Class room		12:00
Shape pump 40			12:20~12: Crawl elementary level 13:00~13: Backstroke Intermediat class		12:20~13:00 Breaststroke Intermediate class		12:20~12:50 Swimming Training	12:30~13:30 reservation Running Lessons (primary school student)		
:00	13:30~ Small EX(Som with a dot (Free of c 14:00~ Small EX(com exercis (Free of c	astics iri) harge) 4:20 poles joles	13:30~13:50 Smull EX(Malking exercise) (Free of charge) 14:00~14:20 Smull EX(Gymmastics with a chair) (Free of charge)		13:30~13:50 Small EX(core poles exercise) (Free of charge) 14:00~14:20 Small EX(Back pain pretention/insrovement) (Free of charge)		13:30~13:50 Small EX(Belly shape) (Free of charge) 14:00~14:20 Small group exercise (stretch tegether) (Free of charge)	14:00~21:00		
:00	15:00~16:00 15:00~16:00 Class room Class room	15:00~16:00 Class room	15:00~16:00 15:00~16: Class room Up to 2 cours	Class roo			15:00~16:00 Class room Up to 2 courses		[Group Use]	I 5:00
:00	16:00~17:00 Class room Class room	16:00~17:00 Class room Up to 3 courses 17:00~18:00	16:00~17:00 16:00~17: Class room Up to 3 cours 17:00~18:	10 Class room Class room Class room Class room Class room		16:00~17:00 Class room 17:00~18:00	16:00~17:00 Class room Up to 3 courses 17:00~18:00			16:00
17:30~18:45 :00 Class room	17:30~21:00 17:30~21:00	Class room Up to 3 courses	Up to 3 cours			Class room	Class room Up to 3 courses	[Group Use]		
:00 19:00~20:15 Class room	[Open to the public]     [Open to the public]     19:00~       Table tennis     Badminton     JOAN preset	A level	[Group Use]	 [Open to the public Week 1・3・5→Floorba Week 2・4 →Group Us	all	19:00~21:00	19:00~19:30 Swimming elementary level			
:00						Class room				20:00

Lesson Program /Gymnasium	Content
Core Exercises	Before performing any movements, we will focus on the core of the body.
Lively and healthy gymnastics	We help improve your physical deterioration and help you live your daily life with more vigo By continuing to participate, you will get a body that is more mobile.
JOANNA presents SALSATION	Salsation is a functional dance fitness program that allows you to have fun moving your body We aim to relieve stress and build physical strength through dance.
Health gymnastics	This class is for those who are worried about their age or who are not very confident in the stimulates the body in a fun and moderate way in various ways.
Small group exercise (Free of charge)	(core poles exercise) This is a program that introduces core conditioning methods using core (Walking exercise) This is a program that allows you to do activities such as walking withou (Belly shape) This is a program to thoroughly train your waist area and aim for your ideal s (Gymnastics with a chair) This is a program that everyone uses chairs to perform gymnastics. (Prevention and improvement of back pain)It will be the content of back pain prevention and will be performed on the mat. An exercise therapy program based on medical evidence. (Stretching together) We all do some basic stretching. Recommended for those who want to know
Pilates	It stimulates the inner muscles in the back of the body, cultivates the stability of the tru adjusts the posture. This program aims to build a strong, beautiful and mobile body by combi
Yoga	Based on the world-famous hatha yoga, it is a simple yoga that has been arranged for modern comfortably with simple poses.
ZUMBA	This is a dance exercise program born in South America that incorporates dance music from ar
Fight Attack BEAT	It is a program that condenses full-fledged fighting movements into 40 minutes and performs It helps to strengthen the trunk and shape up the whole body.
Muscle training together	This is a simple strength training class that stimulates the muscles of the whole body. Learning the correct posture and training is a shortcut to Increase effectiveness.
Shape pump 30 · 40	A strength training class using barbells and music. We train each body part, such as legs, c abdomen.
Lesson Program /Pool	Content
Crawl /elementary level	This class aims to practice the basics of crawling and learn to swim more than
Butterfly /elementary level	This class aims to practice the basics of butterfly and learn to swim more than
Swimming /elementary level	In this class, the goal is to learn the basics of the four swimming techniques 10 meters.
Swimming / Advanced	The goal of this class is to be able to swim more than 50 meters in four swimmi
Backstroke /Intermediate	The goal of this class is to be able to swim the breaststroke over 25 meters.
Swimming Training	TThis is a training class aimed at improving swimming and physical fitness. By expect to strengthen your endurance and improve your shape.
Aqua walking and jogging	Take in the various movements in the water and go walking and jogging.
Aquabics	It moves the whole body in water, effectively improves physical strength and bu

gor. dy to music. heir physical strength. It re poles. out straining yourself. style. improvement, and strength training now how to stretch effectively! runk (torso), tightens the body and bining it with functional training. people.Refresh your whole body round the world, including Latin. them happily according to music. chest, arms, shoulders, back, and 10 meters. an 10 meters. and be able to swim more than ming techniques. continuing swimming, you can ourns fat. **RIFURE SAPPORO** CENTRAL