

2025

11/1 ~ 11/30

## THE ENTENTE FITNESS CLUB STUDIO SCHEDULE

2025/10/24

Updated

| Sunday                                                 | Monday       | Tuesday                                                                                                                                                                                                                                                       | Wednesday                                                                                   | Thursday                                                                                                                              | Friday                                                                                                      | Saturday                                                          |
|--------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
|                                                        |              |                                                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                       |                                                                                                             | 1                                                                 |
|                                                        |              |                                                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                       |                                                                                                             | ㊟Hula 【No Class】<br>㊟14:00-15:00 Yoga<br>㊟15:30-16:30 Zumba Gold  |
| 2                                                      | 3            | 4                                                                                                                                                                                                                                                             | 5                                                                                           | 6                                                                                                                                     | 7                                                                                                           | 8                                                                 |
| ㊟10:10-11:10 Step Workout<br>㊟14:30-15:30 Refresh&Aero | 祝日営業 / Open  | ㊟9:45-10:45 Yoga<br>㊟11:00-12:00 Yamuna<br>㊟19:00-20:00 Ballet exercise                                                                                                                                                                                       | ㊟10:00-11:00 Pilates<br>★11:30-12:15 Basics Aero<br>㊟14:00-15:00 Yoga<br>㊟15:15-16:00 Aroma | ㊟10:00-11:00 Stretch-eze<br>㊟11:15-12:15 Wave conditioning<br>㊟12:30-13:30 Beauty Ballet<br>㊟14:15-15:15 Pilates<br>㊟19:00-20:00 Yoga | ㊟10:00-11:00 Level1<br>㊟11:15-12:00 Body Conditioning<br>★13:00-13:30 Aquabics<br>㊟14:00-15:00 Refresh Yoga | ㊟11:00-12:00 Hula<br>㊟14:00-15:00 Yoga<br>㊟15:30-16:30 Zumba Gold |
| 9                                                      | 10           | 11                                                                                                                                                                                                                                                            | 12                                                                                          | 13                                                                                                                                    | 14                                                                                                          | 15                                                                |
| ㊟10:10-11:10 Step Workout<br>㊟14:30-15:30 Refresh&Aero | 休館日 / Closed | ㊟9:45-10:45 Yoga<br>※11:00-12:15 Yamuna Foot<br>【additional charge : ￥2,200-】<br>㊟19:00-20:00 Ballet exercise                                                                                                                                                 | ㊟10:00-11:00 Pilates<br>㊟11:30-12:15 Pool Ballet<br>㊟14:00-15:00 Yoga<br>㊟15:15-16:00 Aroma | ㊟10:00-11:00 Stretch-eze<br>㊟11:15-12:15 Wave conditioning<br>㊟12:30-13:30 Beauty Ballet<br>㊟14:15-15:15 Pilates<br>㊟19:00-20:00 Yoga | ㊟10:00-11:00 Level1<br>㊟11:15-12:00 Body Conditioning<br>★13:00-13:30 Aquabics<br>㊟14:00-15:00 Refresh Yoga | ㊟11:00-12:00 Hula<br>㊟14:00-15:00 Yoga<br>㊟15:30-16:30 Zumba Gold |
| 16                                                     | 17           | 18                                                                                                                                                                                                                                                            | 19                                                                                          | 20                                                                                                                                    | 21                                                                                                          | 22                                                                |
| ㊟10:10-11:10 Step Workout<br>㊟14:30-15:30 Refresh&Aero | 休館日 / Closed | ㊟9:45-10:45 Yoga<br>㊟11:00-12:00 Yamuna<br>㊟12:30-13:30 Beauty Ballet<br>㊟19:00-20:00 Ballet exercise                                                                                                                                                         | ㊟10:00-11:00 Pilates<br>★11:30-12:15 Basics Step<br>㊟14:00-15:00 Yoga<br>㊟15:15-16:00 Aroma | ㊟10:00-11:00 Stretch-eze<br>㊟11:15-12:15 Wave conditioning<br>㊟12:30-13:30 Beauty Ballet<br>㊟14:15-15:15 Pilates<br>㊟19:00-20:00 Yoga | ㊟10:00-11:00 Level1<br>㊟11:15-12:00 Body Conditioning<br>★13:00-13:30 Aquabics<br>㊟14:00-15:00 Refresh Yoga | ㊟11:00-12:00 Hula<br>㊟14:00-15:00 Yoga<br>㊟15:30-16:30 Zumba Gold |
| 23                                                     | 24           | 25                                                                                                                                                                                                                                                            | 26                                                                                          | 27                                                                                                                                    | 28                                                                                                          | 29                                                                |
| ㊟10:10-11:10 Step Workout<br>㊟14:30-15:30 Refresh&Aero | 祝日営業 / Open  | ㊟9:45-10:45 Yoga<br>㊟11:00-12:00 Yamuna<br>㊟19:00-20:00 Ballet exercise                                                                                                                                                                                       | ㊟10:00-11:00 Pilates<br>㊟14:00-15:00 Yoga<br>㊟15:15-16:00 Aroma                             | ㊟10:00-11:00 Stretch-eze<br>㊟11:15-12:15 Wave conditioning<br>㊟12:30-13:30 Beauty Ballet<br>㊟14:15-15:15 Pilates<br>㊟19:00-20:00 Yoga | ㊟10:00-11:00 Level1<br>㊟11:15-12:00 Body Condi..<br>★13:00-13:30 Aquabics<br>㊟14:00-15:00 Refresh Yoga      | ㊟11:00-12:00 Hula<br>㊟14:00-15:00 Yoga<br>㊟15:30-16:30 Zumba Gold |
| 30                                                     |              | memo                                                                                                                                                                                                                                                          |                                                                                             |                                                                                                                                       |                                                                                                             |                                                                   |
| ㊟10:10-11:10 Step Workout<br>㊟14:30-15:30 Refresh&Aero |              | ★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.<br>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.<br>有料プログラム/additional charge |                                                                                             |                                                                                                                                       |                                                                                                             |                                                                   |

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|---|-----------------------------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ① | Yoga /60min                 | Atsuko  | 様々なヨガのポーズと深く行う呼吸法を通して、身体の柔軟性や筋力、集中力を養います。<br>Yoga using breathing and stretcing techniques to improve your posture and tone muscles.                                                                                                                                                                                                                                                                                                                                                                                      |
| ② | Yamuna Body Rolling /60min  | Nami    | ボールやポールを使用したエクササイズです。主に、筋の弛緩、関節可動域の改善、筋カトレーニングなどを目的とします。<br>Class for any levels. Uses ball and pole mainly to release muscle tightness,ROM imporvement,muscle trainning and etc.                                                                                                                                                                                                                                                                                                                                         |
| ③ | Aroma /45min                | Atsuko  | アロマオイルとリラククスできる音楽を使い、マット上でゆっくりストレッチを行います。<br>Using Aromatherapy and relaxing muscule to stretch your body.                                                                                                                                                                                                                                                                                                                                                                                                                |
| ④ | Ballet exercise /60min      | Fukuyo  | しなやかな筋肉を作りながらコアを鍛え、柔軟性とリズム感を養いましょう。簡単なバーレッスンとストレッチのレッスンです。<br>Simple bar lesson with strength your core mascles maintain flexibility ,and sense of rhythm.                                                                                                                                                                                                                                                                                                                                                                |
| ⑤ | Pilates /60min              | Miwa    | 呼吸と連動した動きで身体にいた悪い癖などを調整し、身体のコアの筋力を強化して全身のバランスを整えましょう！<br>Pilates emphases on breathing and stretching to help restore and strengthen body towards its natural balance.                                                                                                                                                                                                                                                                                                                                                    |
| ⑥ | Step Workout /60min         | Yukie   | ステップ台を使って簡単な動きを組み合わせながら、エクササイズを楽しむクラスです。初心者上級者まで誰でもご参加いただけます。<br>Simple aerobics using steps, and all the participants- from beginners to experts- can enjoy the ride with their own pace.                                                                                                                                                                                                                                                                                                                                |
| ⑦ | Level1 /60min               | Hitomi  | エアロビクスの簡単なステップを中心に行う初心者向けのクラスです。<br>Beginner aerobic, using simple steps.                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| ⑧ | Refresh Yoga /60min         | Michiyo | 様々なヨガのポーズと深く行う呼吸法を通して、身体の柔軟性うや筋力、集中力を養います。<br>Yoga using breathing and stretcing techniques to improve your posture and tone muscles.                                                                                                                                                                                                                                                                                                                                                                                     |
| ⑨ | Hula /60min                 | Nobuko  | 音楽に合わせてながら骨盤の動きを良くしたり、筋力アップの要素を取り入れながら楽しく踊るクラスです。<br>Hawaiian hula - improving pelvis movement and dancing with the element of muscle strength.                                                                                                                                                                                                                                                                                                                                                                           |
| ⑩ | Refresh&Aero /60min         | Tomoko  | 筋膜の走行を概念に取り入れたエクササイズやウォーキングを行い、血行や体液の促進を目的としたクラスです。<br>Targeting blood flows and body fluid improvement by implementing exercise and walking incorporating the general idea of Fascia FiberDirection.                                                                                                                                                                                                                                                                                                                     |
| ⑪ | Wave conditioning /60min    | Shinobu | ウェーブリングという専用の器具を使って、心地よい刺激を全身に与えながら、筋肉のストレッチや骨を本来の位置へ整えることを目的としたクラスです。<br>Stretching of muscles providing comfortable stress to your body using Wave Ring tool.                                                                                                                                                                                                                                                                                                                                                           |
| ⑫ | Beauty Ballet /60min        | Elena   | 本場ロシアのバレエスタイル。少しずつ練習を重ね様々なバレエのステップを学び、美しく綺麗な身体づくりをを目指すクラスです。<br>Authentic Russian ballet style class.<br>This class will help you to gradually build a beautiful and elegant body through various ballet steps.                                                                                                                                                                                                                                                                                                           |
| ⑬ | Yoga /60min                 | Shuri   | 様々なヨガのポーズと深く行う呼吸法を通して、身体の柔軟性うや筋力、集中力を養います。<br>Yoga using breathing and stretcing techniques to improve your posture and tone muscles.                                                                                                                                                                                                                                                                                                                                                                                     |
| ⑭ | Stretch-eze® /60min         | Shinobu | 伸縮性のある特殊な布を使い身体の内深くに眠っていた神経を目覚めさせ、機能的な動ける身体へと進化を目指すクラスです。<br>Using a special stretchy cloth, this class aims to stimulate inactive nerves deep in the body to help develop a more functional and flexible body.                                                                                                                                                                                                                                                                                                           |
| ⑮ | Zumba Gold                  | Rina    | ラテン音楽や世界中のダンスリズムを取り入れたプログラムです。バランス能力を養えるので、初心者、ダンスが苦手な方でもご参加いただけます。<br>Discover an original program that blends Latin music and dance rhythms from around the world! Whether you're a complete beginner or someone who feels a bit unsure about dancing, you'll find joy and confidence in each step. Join us to celebrate movement, music, and the vibrant spirit of dance!                                                                                                                                              |
| ⑯ | Body Conditioning           | Hitomi  | 体幹を意識して、全身の筋バランスを整えていきます。初めての方も安心してご参加いただけます！<br>We focus on engaging the core and balancing the muscles throughout the entire body. Beginners are also welcome and can join with confidence!                                                                                                                                                                                                                                                                                                                             |
| ⑰ | Yoga/60                     | Saya    | ヨガで全身の巡りを整えましょう。ゆるやかな動きと呼吸を連動させリラックスと心身調整を目指すクラスです。カラダが硬い方やヨガ初心者の方、ぜひご参加ください。また、普段から運動をされている方はメンテナンスとしてご参加くださいませ。Let's improve your overall circulation through yoga.This class focuses on gentle movements coordinated with the breath, aiming to promote relaxation and balance for both body and mind. It's perfect for those who are new to yoga or feel their bodies are a bit stiff. If you already have a regular exercise routine, feel free to join us as a way to support your body's maintenance and recovery. |
| ⑱ | Pool Ballet (Pool exercise) | Elena   | プールで行うバレエエクササイズです。少しずつ練習を重ね様々なバレエのステップを学び、美しく綺麗な身体づくりをを目指すクラスです。<br>This class will help you to gradually build a beautiful and elegant body through various ballet steps.                                                                                                                                                                                                                                                                                                                                                |
| ⑲ | Aquabics (Pool exercise)    | Miwa    | プールで行うエアロビクスです。腰、膝への負担が少なく泳げない方にもお勧めです。<br>It is Lots of fun even for those who can't swim. Low stress for knees and lower back.                                                                                                                                                                                                                                                                                                                                                                                          |