YOKOSUKA KANAGAWA STUDIO SCHEDULE 2012'02～

GOLD'S GYM YOKOSUKA KANAGAWA
TEL:046-828-1818
Wakamatu２－4, Yokosuka, Yokosuka St. Build. 5F
〈Club Hours〉
Monday～Friday 7:00～25:00
(Every Second Monday 17:00～)
Saturday 9:00～23:00
Sunday & Hodilay 10:00～20:00

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00	7:00 OPEN	7:00 OPEN	7:00 OPEN	7:00 OPEN	7:00 OPEN		
8:00							
9:00						9:00 OPEN	
10:00			10:15–11:00 Beginner's Walking45	10:15–11:15 Low Impact60			10:00 OPEN
11:00	10:30–11:30 Cardio Step60	10:30–11:30 Taichi＆Kikou60	11:15–12:15 Combination Jog60	11:30–12:15 Pelvis conditioning45	10:30–11:30 Latin Aerobics60	10:30–11:30 Power Yoga60	11:00–12:00 Tai Chi60
12:00	11:50–12:35 Low Impact45	11:45–13:00 Zumba75	12:30–13:30 Ritmos60	12:30–13:30 Yoga60	11:45–12:45 Cardio Kickboxing60	11:45–12:45 Beginner's Walking60	12:15–13:15 Beginner's Step60
13:00	12:50–13:50 Pelvis conditioning60	13:30–14:30 Slim Up60	13:50–14:50 nani Aloha60	13:45–14:30 Latin Aerobics45	13:00–13:30 Beginner's Step30	13:00–13:45 Cardio Step45	13:30–14:30 Cardio Kickboxing60
14:00	14:15–15:00 Salsacaizu45	14:45–15:45 Beauty Pelvis®60		14:45–15:30 Simple Jog45	13:45–14:45 Pilates60	14:00–15:00 Yoga60	14:45–15:45 Ritmos60
15:00	Fee 15:15–16:15 Salsa School60					15:15–16:00 Low Impact45	16:00～17:00 Pilates60
16:00	Every second Mondays Open from 17:00					16:15–17:15 Regular Step60	
17:00							
18:00		18:45–19:30 Cardio Kickboxing45	18:30–19:30 Body Shape60	18:50–19:35 Simple Jog60			
19:00	19:00–20:00 Cardio Step60	19:45–20:15 Body Tone30	19:40–20:40 Combination Jog60	19:50–20:50 Ritmos60	19:00–20:00 yoga60		20:00
20:00	20:10–21:10 Power Yoga60	20:30–21:30 Yoga60	20:50–21:50 Zumba60		20:20–21:20 MEGADANZ60		
21:00							
22:00							
23:00	25:00CLOSE	25:00CLOSE	25:00CLOSE	25:00CLOSE	25:00CLOSE	23:00	

【Salsa School Information】

Lesson Fee (per lesson)
Member ￥1,080
Visitor ￥2,100

Discount 6 tickets
Member ￥5,250
Visitor ￥10,500

Please check in at the front counter.

＊The lesson schedule is subject to change. www.goldsgym.jp
＊Please take a look at club bulletin or our website for holiday lesson schedule.