



4/2 (SUN)   
**MORNING**  
**ACTIVITY**



Let's sweat comfortably in the morning!!

# SCHEDULE

**8:30-9:00 TRX FOR YOGA HARUKI**

**9:15-10:00 TRX TRAINING HARUKI**

**10:15-10:45 LESMILLS CORE30 HARUKI**

**11:00-12:00 BODYATTACK60 HARUKI**

**12:15-12:45 LESMILLS BARRE30 SHIHORI**

**13:00-14:00 BODYSTEP60 SHIHORI**

We are looking forward to  
your reservation!!