



YOKOSUKA KANAGAWA

STUDIO SCHEDULE

2022.8~



	MON	TUE	WED	THU	FRI	SAT	SUN
7:00	7:00 OPEN					GOLD'S GYM YOKOSUKA KANAGAWA TEL:046-828-1818 Wakamatu2-4, Yokosuka, Yokosuka St. Build. 5F (Club Hours) Weekday+Sat 24h OPEN Sunday&Public Holiday ~20:00 The next open weekday:7:00~/Sat:9:00~/ San+Holiday. 10:00~	
8:00					Every Second Fri Business holidays.		
9:00							
10:00							
11:00	10:30-11:30 Yoga60	10:30-11:30 Latin Aerobics60	10:30-11:15 Bginner's Walking45	10:30-11:30 Yoga60	10:30-11:30 Latin Aerobics60	10:45-11:45 Power Yoga60	11:00-12:00 Tai Chi60
12:00	11:45-12:30 Hip Hop Aerobics45	11:45-12:15 Body Make30	11:30-12:30 Combination Jog60	11:45-12:45 Kikou & Taichi60	11:45-12:15 Beginner's Step30	1200-12:45 HIPHOP JAZZ45	12:15-13:00 Circuit45
13:00	12:45-13:45 Low impact60	12:30-13:00 Beginner's Step30	12:45-13:45 Ritmos60	13:00-13:45 Latin Aerobics45	12:30-13:30 Cardio Kickboxing60	13:00-13:45 Cardio Step45	13:15-14:15 Cardio Kickboxing60
14:00	14:00-14:30 Core Conditioning30	13:15-14:15 Fat Burn60	14:00-15:00 Hula 60	14:00-15:00 Simple Jog60	13:45-14:45 Pilates60	14:00-15:00 Yoga60	14:30-15:30 Ritmos60
15:00		14:30-15:30 Pelvic Conditioning60				15:15-16:00 Beginner's Walking45	15:45-16:45 Pilates60
16:00						16:15-17:15 Regular Step60	
17:00							
18:00							
19:00	19:00-20:00 Yoga60	19:00-20:00 Simple Aerobics60	19:15-19:45 Body Conditioning30	19:00-20:00 Muscle Toning60	19:15-20:00 Gold's Shape45		
20:00	20:10-21:10 Ballet Exercise60	20:10-20:55 Beginner'scircuit45	20:00-21:00 Active Yoga60	20:10-21:10 Ritmos60			20:00 CLOSE
21:00							
22:00	* The lesson schedule is subject to change. www.goldsgym.jp * Please take a look at club bulletin or our website for holiday lesson schedule.						
23:00							