

Held on the basement floor of the Waseda Arena!

# REFRESH STUDIO

## Lesson Schedule

《 April 23, 2025 ~ July 10, 2025 》

| Apr.            | 23 wed        | 24 wed            |
|-----------------|---------------|-------------------|
| 17:15~<br>18:15 | Pilates       | ★Enjoy<br>Aero    |
| 18:30~<br>19:30 | Basic<br>Yoga | Pelvic<br>Stretch |



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| May             | 14 wed         | 15 thu           | 21 wed        | 22 thu            | 28 wed         | 29 thu            |
|-----------------|----------------|------------------|---------------|-------------------|----------------|-------------------|
| 17:15~<br>18:15 | ★Basic<br>Aero | Core<br>Training | Basic<br>Yoga | Pelvic<br>Stretch | Relax<br>Yoga  | Relax<br>Stretch  |
| 18:30~<br>19:30 | Relax<br>Yoga  | Relax<br>Stretch | Pilates       | Core<br>Training  | ★Basic<br>Aero | Pelvic<br>Stretch |

| Jun.            | 4 wed         | 5 thu            | 11 wed         | 12 thu            | 18 wed        | 19 thu           | 25 wed         | 26 thu            |
|-----------------|---------------|------------------|----------------|-------------------|---------------|------------------|----------------|-------------------|
| 17:15~<br>18:15 | Pilates       | Core<br>Training | ★Basic<br>Aero | Pelvic<br>Stretch | Basic<br>Yoga | Relax<br>Stretch | Relax<br>Yoga  | Core<br>Training  |
| 18:30~<br>19:30 | Basic<br>Yoga | ★Enjoy<br>Aero   | Relax<br>Yoga  | Relax<br>Stretch  | Pilates       | Core<br>Training | ★Basic<br>Aero | Pelvic<br>Stretch |

| Jul.            | 2 wed         | 3 thu            | 9 wed          | 10 thu            |
|-----------------|---------------|------------------|----------------|-------------------|
| 17:15~<br>18:15 | Pilates       | ★Enjoy<br>Aero   | ★Basic<br>Aero | Pelvic<br>Stretch |
| 18:30~<br>19:30 | Basic<br>Yoga | Relax<br>Stretch | Relax<br>Yoga  | Core<br>Training  |

for inquiries

✉trainingcenter@list.waseda.jp



Indoor athletic shoes are required for ★ lessons.