SCHEDULE

RESTORE CIRCLE

2026/November～

	月 | MON	火 | TUE	水 | WED	木 | THU	金 | FRI	土 | SAT	日 | SUN
5:30	5:30-6:00 BODYBALANCE30	5:30-6:00 BODYPUMP30	5:30-6:00 BODYCOMBAT30	5:30-6:00 LESMILLS DANCE30	5:30-6:00 LEMILLS CORE30	5:30-6:00 BODYPUMP30	5:30-6:00 LEMILLS CORE30
5:45							
6:00							
6:15	6:15-6:45 LESMILLS DANCE30	6:15-6:45 LEMILLS CORE30	6:15-6:45 BODYBALANCE30	6:15-6:45 BODYPUMP30	6:15-6:45 BODYCOMBAT30	6:15-6:45 GRIT STRENGTH	6:15-6:45 GRIT CARDIO
6:30							
6:45							
7:00	7:00-7:45 BODYPUMP45 Virtual	7:00-7:45 LESMILLS DANCE Virtual	7:00-7:45 BODYPUMP45 Virtual	7:00-7:45 BODYCOMBAT45 Virtual	7:00-7:45 BODYBALANCE45 Virtual	7:00-7:45 LESMILLS DANCE Virtual	7:00-7:45 BODYATTACK45 Virtual
7:15							
7:30							
7:45							
8:00	8:00-8:30 BODYCOMBAT30	8:00-8:30 BODYBALANCE30	8:00-8:30 LEMILLS CORE30	8:00-8:30 BODYBALANCE30	8:00-8:30 BODYATTACK30	8:00-8:30 BODYBALANCE30	8:00-8:30 BODYBALANCE30
8:15							
8:30							
8:45	8:45-9:45 BODYBALANCE Virtual	8:45-9:30 BODYCOMBAT45 Virtual	8:45-9:15 GRIT STRENGTH	8:45-9:30 BODYPUMP45 Virtual	8:45-9:45 BODYPUMP Virtual	8:45-9:15 LEMILLS CORE30	8:45-9:15 BODYCOMBAT30
9:00						Closed 11/14	
9:15							
9:30			9:30-10:00 LESMILLS DANCE30			9:30-10:15 Fat-Burning HIIT MASA	9:30-10:15 YOGA MAYUMI
9:45		9:45-10:15 GRIT CARDIO		9:45-10:15 GRIT CARDIO			
10:00	10:00-10:45 GroupFIGHT TANAKA		10:15-11:00 ZUMBA Chiaki	Closed 11/26	10:00-10:45 Basic Aerobics HARA		
10:15							
10:30		10:30-11:15 GroupFIGHT Shohei		10:30-11:15 Core Training TANAKA		10:30-11:15 GroupFIGHT TANAKA	10:30-11:15 Balletone Nagisa
10:45							
11:00	11:00-11:45 ZUMBA ritz				11:00-11:45 Pelvic Conditioning HARA		
11:15		Closed 11/24	11:15-12:15 BODYPUMP Virtual	Closed 11/26			
11:30		11:30-12:15 Myofascial Release Marina		11:30-12:15 BODYBALANCE45 Yukiya		11:30-12:15 ZUMBA ritz	11:30-12:15 BODYBALANCE45 Nagisa
11:45						*11/28 only	
12:00	12:00-12:45 BODYBALANCE45 Virtual				12:00-12:45 Tahitian Dance JUNKO		
12:15		Closed 11/24		Closed 11/26			
12:30		12:30-13:15 Pilates Marina	12:30-13:30 BODYCOMBAT Virtual	12:30-13:15 BODYPUMP45 Yukiya		12:30-13:20 Street Dance Choken	
12:45							
13:00	13:00-13:45 BODYPUMP45 Virtual				13:00-13:30 BODYBALANCE30		
13:15							
13:30		13:30-14:00 LESMILLS DANCE30		13:30-14:00 BODYCOMBAT30			
13:45							
14:00							
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19:00	New	19:00-19:45 BODYPUMP45 Ishii	19:00-19:45 BODYATTACK45 Virtual		19:00-19:45 LESMILLS DANCE Virtual		
19:15	19:15-19:45 GRIT CARDIO						
19:30							
19:45	New						
20:00	20:00-20:45 BODYBALANCE45 Virtual	20:00-20:45 BODYBALANCE45 Ishii	20:00-20:45 BODYCOMBAT45 Virtual		20:00-20:45 BODYPUMP45 Virtual		
20:15							
20:30							
20:45	New						
21:00	21:00-21:30 BODYPUMP30	21:00-21:30 GRIT CARDIO	21:00-21:30 GRIT STRENGTH		21:00-21:30 BODYCOMBAT30		
21:15							
21:30	New						
21:45	21:45-22:15 GRIT STRENGTH	21:45-22:15 BODYCOMBAT30	21:45-22:15 BODYBALANCE30		21:45-22:15 GRIT CARDIO		
22:00							
22:15	New						
22:30	22:30-23:00 LESMILLS DANCE30	22:30-23:00 BODYATTACK30	22:30-23:00 LEMILLS CORE30		22:30-23:00 BODYBALANCE30		
22:45							
23:00							

RESTORE BASE + CIRCLE Members
Unlimited Classes
Instructor Class Ticket Required
Instructor Class Ticket Required

RESTORE Unlimited Class Members
Unlimited Classes
Unlimited Classes
Paid Class Ticket Required

LESMILLS Virtual Program

BODYATTACK…Aerobic Cardio
BODYBALANCE…Yoga & Mobility
BODYCOMBAT…Martial Arts Workout
BODYPUMP…Barbell Workout
GRIT CARDIO…HIIT Cardio
GRIT STRENGTH…HIIT Strength / Barbell
LESMILLS CORE…Core & Abs
LESMILLS DANCE…Dance

Classes Held at RESTORE BASE	月 | MON	木 | THU	日 | SUN Closed 11/8
	CHANGED	9:00-9:45 Circuit Training MASA	9:00-10:00 HYROX Class MASA
■Circuit / HYROX (Dual Members only) *Circuit: 1 Instructor Class Ticket *HYROX: 2 Instructor Class Tickets	19:00-20:00 HYROX Class TANAKA	Closed 11/26 HYROX Class 19:00-20:00 TANAKA	
■Run Club (Dual & Single Members) *Dual Members: 1 Instructor Class Ticket . *Single Members: ¥1,100 per class	20:00-21:00 Run Club NEW! 11/9 & 11/16 only Choken		

Barefoot (No Shoes Required)	BODYBALANCE / BODYBALANCE Virtual Myofascial Release / Pilates / YOGA Pelvic Conditioning
Studio Closed	Public Holidays & New Year (12/29-1/3)

Instructor-led classes (yellow, purple, and green) will be canceled if there are no reservations as of 10:00 p.m. the day before.