

Fitness

Sports

Yoga

Others

Dance

YIS

Fee applies for DANCE and YIS classes.
Please inquire to fitness@yacac.or.jp

Monday**Tuesday****Wednesday****Thursday****Friday****Saturday****Sunday**

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Cardio
BodyLadies
Squash

Water Aerobics

Step
ClassYIS
TaichiAshtanga Vinyasa
YogaYIS
ZumbaCircuit
ClassAdult
Ballet
Basics &
StretchYIS
FlamencoYIS
Fitness & FunOut-Fit
Class

Yoga Hatha

Social
TennisLatin
Dance

Zumba

Healthy Exercise

Basic Hatha Yoga

Social Squash

Table Tennis

Basic Yoga

Vinyasa
FlowHatha
YogaSquash
Club
Night

Basketball

Badminton

Squash
Club
NightBody
BlastCardio
BodyWing
ChunMonday
Volleybal
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