## Information on the studio program

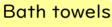
	Tue.	Wed.	Thu.	Fri.	Sat.
A M	Freshness Exercise  10:00 to 11:00 Object Participants: Anyone Instructor Matsumoto	Freshness Exercise  10 : 00 to 11 : 00 Object Participants : Anyone Instructor Matsumoto	Freshness Exercise  10 : 00 to 11 : 00 Object Participants : Anyone Instructor Onozawa		Freshness Exercise  10:00 to11:00 Object Participants: Anyone Instructor Ikuta
P M	Body Maintenance  14:30 to 15:30 Object Participants: Anyone Instructor Matsumoto	Stretch & Conditioning  14 : 30 to15 : 30 Object Participants : Anyone Instructor Onozawa	Health & Fresh  14 : 30 to 15 : 30  Object Participants :  Anyone  Instructor Ikuta		
Evening	Due to adjustment being made to the Tuesday night class, it will be [canceled] from April to September. We will inform you on KENPO homepage when we reopen.	Easy Core Training  18:00 to 19:00  Object Participants: Anyone Instructor Hiromi	Body makeup Yoga  18:00 to 19:00 Object Participants: Anyone Instructor Kito	Soft Aerobics  18:00 to 19:00 Object Participants: Anyone Instructor Hirano	

The more ★ marks, the class will be of higher exercise intensity.

No reservations is required. Please come to the class according to the start time of the program.

# Belongings

Class · · · 600 Yen



90 min.



You can use them by laying them on the mat.

### Drinks



You can buy it at a vending machine in the facility.

#### Shoes

60 min.



Please bring indoor shoes with yourself.

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Class · · · 400 Yen

Shoes are not required for stretching, conditioning, and yoga.

#### Guidance on use

<u>High school students and above</u> are allowed to use this facility. Even those who are not insured persons of our Health Insurance Society (B members) can use it, but In addition to the usage fee, the following monthly or annual membership fee will be charged.

Member B Monthly membership fee	500 Yen
Member B Annual membership fee	5,000 Yen

Member A ... Insured persons of Bosch Health Insurance Society, their dependents, and Society retirees

Member B ... Other than above-mentioned persons (Those who found jobs and became members of another health insurance societies are B member.

Closed : Every Sunday and Monday, GW, summer holidays and winter holidays

Hours : Tue. – Fri. 9:30 - 20:00 (Closes at 20:30)

Sat. 9:00 - 17:30 (Closed at 18:00)

Contact : ☑ h\_center@bosch-kenpo.or.jp

: **2** 0493-22-0890 0493-22-0889 (Sat. only)



