

TIME TABLE

SESSION 1 5/18 sat.

START	FINISH	PROGRAM	VENICE	BROOKLYN	MANHATTAN	SANTA MONICA
15:30	16:15	RECEPTION	—	—	—	—
16:15	17:00	TRAINING 1	BARRE FIT with MCT	PILATES	RHYTHM SHAPE	HIP UP
17:10	17:25	WORKSHOP	—	—	—	Eriko Kumazawa
17:30	18:15	TRAINING 2	HIIT	JU-JUTSU	KICK BOXING with Speedo	CrossFit
18:25	18:40	WORKSHOP	—	—	—	Sayaka Shibuki
18:45	19:30	YOGA	CONDITIONING YOGA	VINYASA FLOW	FOUNDATION YOGA	INNER SHAPE YOGA
20:00	21:30	PARTY	—	—	—	—

SESSION 2 5/19 sun.[am]

START	FINISH	PROGRAM	VENICE	BROOKLYN	MANHATTAN	SANTA MONICA
09:00	09:45	RECEPTION	—	—	—	—
09:45	10:30	TRAINING 1	BARRE FIT with MCT	PILATES	RHYTHM SHAPE	HIP UP
10:40	10:55	WORKSHOP	—	—	—	Eriko Kumazawa
11:00	11:45	TRAINING 2	HIIT	JU-JUTSU	KICK BOXING with Speedo	CrossFit
11:55	12:10	WORKSHOP	—	—	—	Sayaka Shibuki
12:15	13:00	YOGA	INSIDE FLOW	FOUNDATION YOGA	aya YOGA	IGNITE FIT

SESSION 3 5/19 sun.[pm]

START	FINISH	PROGRAM	VENICE	BROOKLYN	MANHATTAN	SANTA MONICA
15:00	15:45	RECEPTION	—	—	—	—
15:45	16:30	TRAINING 1	BARRE FIT with MCT	PILATES	RHYTHM SHAPE	HIP UP
16:40	16:55	WORKSHOP	—	—	—	Eriko Kumazawa
17:00	17:45	TRAINING 2	HIIT	JU-JUTSU	KICK BOXING with Speedo	CrossFit
17:55	18:10	WORKSHOP	—	—	—	Sayaka Shibuki
18:15	19:00	YOGA	FOUNDATION YOGA	CONDITIONING YOGA	INSIDE FLOW	IGNITE FIT