

フィットネスクラス スケジュール(FITNESS CLASSES SCHEDULE)

SATURDAY, 01 NOV 15:00PM 22:00PM

NAHA

- 15:00pm (Meet our International Fitness Onboard ABISHEK)
 18:30 pm 木霊スパツアー&抽選会申し込み(Kodama Spa Tour & Raffle sign up)
 19:00PM 無料セミナー Good Feetでの姿勢改善 (Improve your Posture with Goodfeet)
 19:30pm スローヨガ(Slow Flow Yoga)※

- Kodama Spa(9)
 Kodama Spa(9)
 Fitness Center(9)
 Fitness Center(9)

SUNDAY, 02 NOV 07:00-22:00PM

AT SEA

- 7:00am サンライズストレッチ (Sunrise Stretch)
 8:00am スローヨガ(Slow Flow Yoga)※
 10:00am POSTUR ECCRRECTION tでの姿勢改善
 16:00PM 無料セミナー Good Feetでの姿勢改善 (Improve your Posture with Goodfeet)
 18:00pm サンセットストレッチ(Sunset Stretch)
 18:30pm スローヨガ(Slow Flow Yoga)※

- Fitness Center(9)
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MONDAY, 03 NOV 07:00-22:00PM

MIYAKOJIMA

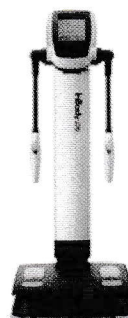
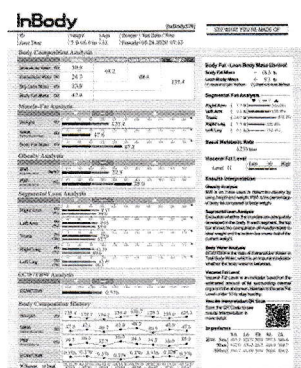
- 7:00am サンライズストレッチ (Sunrise Stretch)
 8:00am スローヨガ(Slow Flow Yoga)※
 09:00AM 無料セミナー Good Feetでの姿勢改善 (Improve your Posture with Goodfeet)
 17:00PM POSTURECORRECTION 無料セミナ
 18:00pm サンセットストレッチ(Sunset Stretch)
 19.000pm スローヨガ(Slow Flow Yoga)※

- Fitness Center(9)
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Please note:

すべてのクラス・セミナーはご予約された方からの先着順となります。クラス・セミナーの時間は変更される可能性があります。
 (All classes/seminars are on a first come, first serve basis. All activities are subject to change. Please refer to the daily Chronicles)

※ : 有料クラス(Paid class)



KODAMA SPA SERVICES

In Body Composition Analysis

インボディ体組成

成分分析

60 分/min ¥18,000

Discover why you are struggling to remove any stubborn weight in problem areas.

なぜ特定の部位が落ちにくいのかを分析し、あなたの体の状態を詳しくチェックします。

Compression Recovery

30 min – 8,000

3 sessions – 20,000

Leg compression by NORMATEC machine.

Increase circulation.

Speed lactate clearance.

Relieve muscle soreness.

Increase mobility.

PERSONAL TRAINING

30 min – 10,000

60 min – 18,000

3 sessions (60 min) – 40,000

One-on-one training designed to suit any

Individual goals and levels of fitness

NUTRITIONAL PACKAGE – ¥18,000

栄養プログラムパッケージ

一人一人に合わせたオーダーメイドの食事プラン。

【内容】

BCA分析（体組成、代謝チェック）

栄養ガイドライン一部

A tailor-made Eating Program for Individuals:

Package includes:1

BCA Analysis

1 Nutritional Guideline1

Take Home Food List 1

Hour consultation

For further details please contact our Fitness Instructor or visit the Kodama Spa Reception, Deck 9 aft.

For safety reasons, Guests are required to use athletic shoes (tennis shoes) in order to be allowed to participate in fitness activities and to use the gym equipment.

Access to the Fitness Centre is restricted to Guests with more than 16 years of age.

A parent or guardian must accompany minors of ages between 16 and 18 years old.



**Complimentary
Footprint
Analysis**

