MIDPARK YOGA & FIT

Why not enjoy some exercise and refresh yourself in the Grass Square surrounded by fresh greenery? In addition to popular yoga lessons, pilates and kick boxing classes have also been added this year. Enjoy the sense of freedom of being able to soak up the sun on weekends, and feel the city's cozy night breeze on weekdays.

For 12 days from May 7(Fri.) to May 18(Tue.)

How to Sign Up Advanced registration regiured

Grass Square

Capacity

Cooperated with Konami Sports Co., Ltd

350 people per session, on a first-come, first-served basis

Organized by TOKYO MIDTOWN

*Subject to change or cancellation without notice due to bad weather and the situation regarding the spread of COVID-19.

*Please check the event website for details.

*Cancellation will be announced through the event website at least two hours before the event time.





English Japanese

▲ Some images were taken in or before 2019.



Morning programs: 9:45 to 11:00 (75 minutes) on Sat. and Sun.



Night programs: 19:00 to 20:00 (60 minutes) on weekdays



This program is based on yoga poses and breathing patterns. It's designed to help improve your core muscles so you can do yoga poses more effectively. It'll help you shape up and get a sense of achievement.



The aim of this program is to get a beautiful body with functional strength. Tone your core muscles and whole body to help improve your balance and get functional strength.



This program includes kick boxing moves. Build both mental and physical toughness while practicing punches and kicks.

Advanced

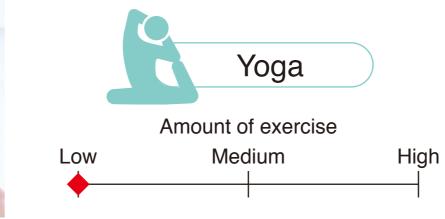
registration

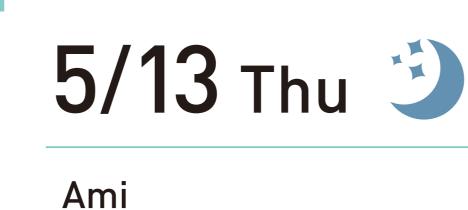
regiured

SCHEDULE

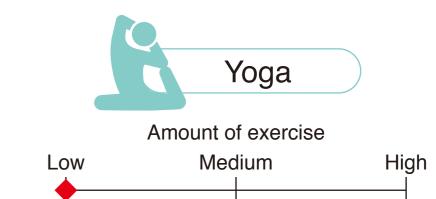






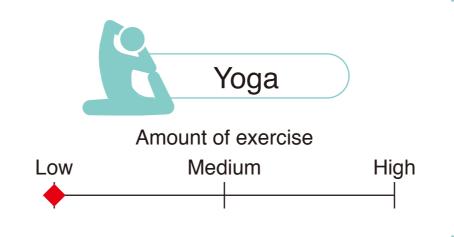






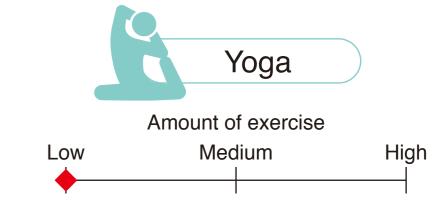






Ken Harakuma/Haruna Otake

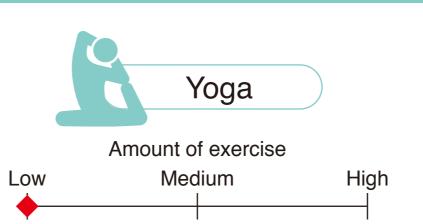




Waka Nozawa

5/9 Sun

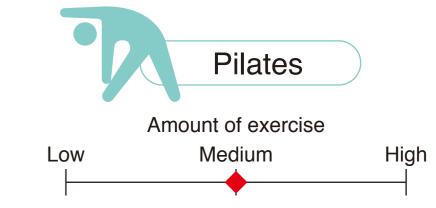




5/15 Sat

Maomi Yuki

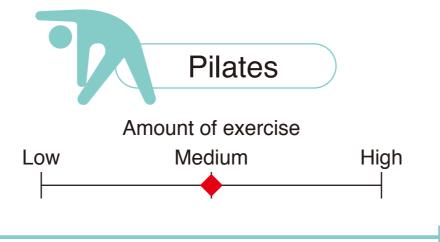




5/10 Mon 3

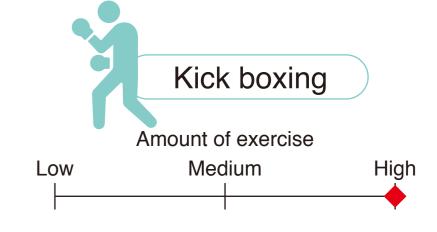
Mirei Christina Saale











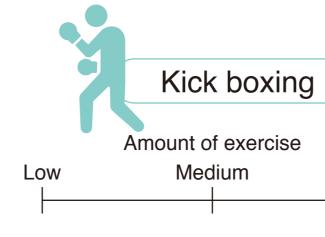
5/11 Tue

Maiko Yamazaki

Eiko Katano

Marino Okada

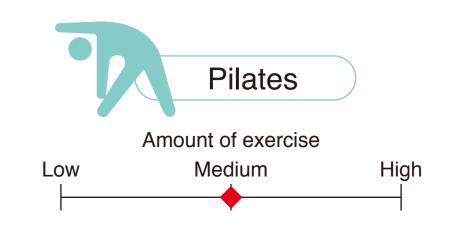




5/17 Mon 3 Eriko Kumazawa

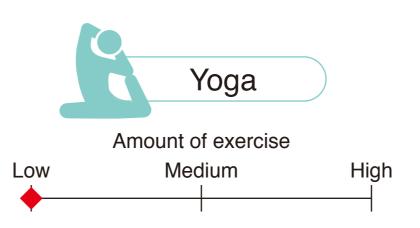
Maiko Yamazaki





5/12 Wed

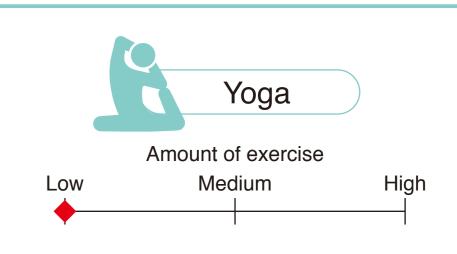




5/18 Tue

Ryoko Saito





Precautions

Registrations

*Application in advance is required for this event. For children of elementary school age and above, please make sure you apply via Peatix.

*Registration for each session will close once the capacity is reached. *The instructor is subject to change. Thank you for understanding.

Facilities at the Venue

*There are no lockers, changing rooms, or yoga mats provided at the venue. *As it is an outdoor event, please bring your own drinks as necessary.





Cooperated with

