



2024 CALENDAR

APEI Fitness training program

Twelve week program | Online Zoom classes | Live instructors | 5hs/week

STARTING DATE	ENDING DATE	DAY	TIME
March 23 - 2024	June 30 - 2024	Saturday/ Sunday	8:00AM 10:30AM GMT+9 timezone (Japan time)
July 13 - 2024	October 20 - 2024		TBA
October 26 - 2024	February 02 - 2025		TBA