

Mon

Tue

Wed

Thu

Fri

Sat

Sun

24:00

VIRTUAL
OXIGENO

VIRTUAL
YOGA

VIRTUAL
HYPER C

VIRTUAL
OXIGENO

VIRTUAL
YOGA

VIRTUAL
FIGHT DO

VIRTUAL
YOGA

1:00

VIRTUAL
UBOUND

VIRTUAL
OXIGENO

VIRTUAL
YOGA

VIRTUAL
UBOUND

VIRTUAL
FIGHT DO

VIRTUAL
MEGADANZ

VIRTUAL
OXIGENO

2:00

VIRTUAL
ELEVEN

VIRTUAL
HYPER C

VIRTUAL
OXIGENO

VIRTUAL
HYPER C

VIRTUAL
ELEVEN

VIRTUAL
YOGA

VIRTUAL
FIGHT DO

3:00

VIRTUAL
YOGA

VIRTUAL
MEGADANZ

VIRTUAL
FIGHT DO

VIRTUAL
YOGA

VIRTUAL
OXIGENO

VIRTUAL
ELEVEN

VIRTUAL
ELEVEN

4:00

VIRTUAL
FIGHT DO

VIRTUAL
ELEVEN

VIRTUAL
ELEVEN

VIRTUAL
AERO

VIRTUAL
HYPER C

VIRTUAL
FIGHT DO

VIRTUAL
OXIGENO

5:00

VIRTUAL
MEGADANZ

VIRTUAL
OXIGENO

VIRTUAL
YOGA

VIRTUAL
ELEVEN

VIRTUAL
YOGA

VIRTUAL
HYPER C

VIRTUAL
YOGA

6:00

VIRTUAL
YOGA

VIRTUAL
YOGA

VIRTUAL
AERO

VIRTUAL
YOGA

VIRTUAL
YOGA

VIRTUAL
OXIGENO

VIRTUAL
YOGA

7:00

VIRTUAL
OXIGENO

VIRTUAL
AERO

VIRTUAL
YOGA

VIRTUAL
OXIGENO

VIRTUAL
MEGADANZ

VIRTUAL
YOGA

VIRTUAL
AERO

8:00

VIRTUAL
HYPER C

VIRTUAL
OXIGENO

VIRTUAL
HYPER C

VIRTUAL
AERO

VIRTUAL
HYPER C

VIRTUAL
AERO

VIRTUAL
OXIGENO

9:00

VIRTUAL
OXIGENO

VIRTUAL
MEGADANZ

VIRTUAL
OXIGENO

VIRTUAL
YOGA

VIRTUAL
AERO

VIRTUAL
MEGADANZ

VIRTUAL
HYPER C

10:00

VIRTUAL
MEGADANZ

VIRTUAL
HYPER C

10:00~11:00
ベーシックヨガ
Chiaki

VIRTUAL
MEGADANZ

休講

VIRTUAL
FIGHT DO

VIRTUAL
MEGADANZ

11:00

11:00~12:00
リラックスヨガ
Minami

VIRTUAL
UBOUND

休講

VIRTUAL
FIGHT DO

10:30~11:15
ZUMBA
Sayu

VIRTUAL
UBOUND

VIRTUAL
ELEVEN

12:00

休講

VIRTUAL
FIGHT DO

VIRTUAL
OXIGENO

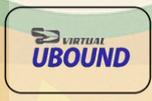
VIRTUAL
OXIGENO

VIRTUAL
OXIGENO

VIRTUAL
MEGADANZ

VIRTUAL
AERO

13:00	VIRTUAL FIGHT DO	VIRTUAL MEGADANZ	VIRTUAL YOGA	VIRTUAL FIGHT DO	VIRTUAL FIGHT DO	VIRTUAL AERO	VIRTUAL UBOUND
14:00	VIRTUAL ELEVEN	VIRTUAL UBOUND	14:00~14:45 エアロビクス Sayu	14:00~14:45 ベーシックエアロ Rieko	VIRTUAL MEGADANZ	VIRTUAL YOGA	VIRTUAL FIGHT DO
15:00	VIRTUAL UBOUND	VIRTUAL MEGADANZ	VIRTUAL HYPER C	VIRTUAL FIGHT DO	VIRTUAL UBOUND	VIRTUAL MEGADANZ	VIRTUAL MEGADANZ
16:00	VIRTUAL FIGHT DO	VIRTUAL YOGA	VIRTUAL MEGADANZ	VIRTUAL AERO	VIRTUAL OXIGENO	VIRTUAL FIGHT DO	VIRTUAL HYPER C
17:00	VIRTUAL MEGADANZ	VIRTUAL MEGADANZ	VIRTUAL ELEVEN	VIRTUAL UBOUND	VIRTUAL MEGADANZ	VIRTUAL AERO	VIRTUAL YOGA
18:00	VIRTUAL HYPER C	VIRTUAL ELEVEN	VIRTUAL UBOUND	18:00~18:45 ダンスワーク momoko	VIRTUAL AERO	VIRTUAL UBOUND	VIRTUAL ELEVEN
19:00	VIRTUAL MEGADANZ	休講 19:30~20:30 姿勢改善ヨガ Chiaki	VIRTUAL AERO	VIRTUAL MEGADANZ	休講 19:30~20:30 リラックスヨガ Chiaki	VIRTUAL MEGADANZ	VIRTUAL UBOUND
20:00	VIRTUAL FIGHT DO		VIRTUAL YOGA	VIRTUAL OXIGENO		VIRTUAL UBOUND	VIRTUAL MEGADANZ
21:00	VIRTUAL UBOUND	VIRTUAL YOGA	VIRTUAL UBOUND	VIRTUAL UBOUND	VIRTUAL MEGADANZ	VIRTUAL AERO	VIRTUAL UBOUND
22:00	VIRTUAL MEGADANZ	VIRTUAL AERO	VIRTUAL FIGHT DO	VIRTUAL FIGHT DO	VIRTUAL ELEVEN	VIRTUAL FIGHT DO	VIRTUAL FIGHT DO
23:00	VIRTUAL OXIGENO	VIRTUAL FIGHT DO	VIRTUAL MEGADANZ	VIRTUAL HYPER C	VIRTUAL OXIGENO	VIRTUAL YOGA	VIRTUAL YOGA



トランポリン



ダンスフィットネス



コアHIIT



ヨガ



究極HIIT



エアロビクス



キックボクシング



ピラティス/ヨガ