RADICAL VIRTUAL

| | 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 AERO | VIRTUAL FIGHT DO | VIRTUAL YOGA | VIRTUAL MEGADANZ | 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 OXIGENO | VIRTUAL HYPER C |
| 10:00 | VIRTUAL MEGADANZ | 10:00~11:00 YOGA BASIC AYAKA | VIRTUAL FIGHT DO | VIRTUAL ELEVEN | VIRTUAL UBOUND | 10:00~11:00 FIT-JUMP JULIANA | VIRTUAL MEGADANZ |
| 11:00 | VIRTUAL YOGA | 休講 | VIRTUAL MEGADANZ | VIRTUAL FIGHT DO | VIRTUAL HYPER C | 休講 | VIRTUAL FIGHT DO |
| 12:00 | VIRTUAL AERO | VIRTUAL FIGHT DO | VIRTUAL OXIGENO | VIRTUAL MEGADANZ | VIRTUAL OXIGENO | VIRTUAL MEGADANZ | VIRTUAL AERO |

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|---|---|---|---|---|---|---|---|
| 13:00 | VIRTUAL FIGHT DO | VIRTUAL MEGADANZ | VIRTUAL YOGA | VIRTUAL UBOUND | VIRTUAL FIGHT DO | VIRTUAL AERO | VIRTUAL UBOUND |
| 14:00 | VIRTUAL ELEVEN | VIRTUAL UBOUND | VIRTUAL ELEVEN | VIRTUAL OXIGENO | VIRTUAL MEGADANZ | 14:00~14:45 ZUMBA AI | VIRTUAL FIGHT DO |
| 15:00 | VIRTUAL UBOUND | VIRTUAL AERO | VIRTUAL HYPER C | VIRTUAL FIGHT DO | VIRTUAL UBOUND | VIRTUAL UBOUND | VIRTUAL MEGADANZ |
| 16:00 | VIRTUAL FIGHT DO | VIRTUAL YOGA | VIRTUAL MEGADANZ | VIRTUAL AERO | VIRTUAL OXIGENO | VIRTUAL FIGHT DO | 16:00~16:45 ZUMBA AI |
| 17:00 | VIRTUAL MEGADANZ | VIRTUAL MEGADANZ | VIRTUAL ELEVEN | VIRTUAL UBOUND | VIRTUAL ELEVEN | VIRTUAL AERO | VIRTUAL YOGA |
| 18:00 | VIRTUAL HYPER C | VIRTUAL FIGHT DO | VIRTUAL UBOUND | VIRTUAL OXIGENO | VIRTUAL AERO | VIRTUAL UBOUND | VIRTUAL ELEVEN |
| 19:00 | 19:00~20:00 FIT-JUMP JULIANA | VIRTUAL UBOUND | 19:00~20:00 FIT-JUMP JULIANA | 休講 | 13:00~14:00 ZUMBA SAMIAH | VIRTUAL MEGADANZ | 19:00~20:00 JUMP SAMIAH |
| 20:00 | 休講 | VIRTUAL MEGADANZ | 休講 | 19:30~20:15 kick＆punch Yacht<br>休講 | 休講 | 20:00~21:00 YOGA BASIC AYAKA | 休講 |
| 21:00 | VIRTUAL UBOUND | VIRTUAL UBOUND | VIRTUAL UBOUND | VIRTUAL UBOUND | VIRTUAL MEGADANZ | 休講 | 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 |

- VIRTUAL UBOUND：トランポリン
- VIRTUAL MEGADANZ：ダンスフィットネス
- VIRTUAL HYPER C：コアHIIT
- VIRTUAL YOGA：ヨガ
- VIRTUAL ELEVEN：究極HIIT
- VIRTUAL AERO：エアロビクス
- VIRTUAL FIGHT DO：キックボクシング
- VIRTUAL OXIGENO：ピラティス/ヨガ

# FIT-AERO 碧南店