

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
24:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00						10:00~11:00 FIT-JUMP JULIANA	
11:00						休講	
12:00							

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	休講 19:30~20:15 kick & punch Yacht	19:00~20:00 FIT-JUMP JULIANA	19:00~19:45 kick & punch Yacht	VIRTUAL UBOUND	VIRTUAL MEGADANZ	VIRTUAL UBOUND
20:00	休講	休講	休講	休講	VIRTUAL FIGHT DO	VIRTUAL UBOUND	VIRTUAL MEGADANZ
21:00	VIRTUAL UBOUND	VIRTUAL UBOUND	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
- 
 エアロピクス
- 
 キックボクシング
- 
 ピラティス/ヨガ