

# スタジオスケジュール

	月曜日	火曜日	水曜日	木曜日	金曜日
9:00		9:30~10:15 UNIVERSAL YOGAEARTH mana			9:30~10:15 ベーシック ヨガ mana
10:00	10:30~11:15 ストロング ネーション IKUMI	10:45~11:45 Let's Jump maiko		10:45~11:15 バレトン Riko	10:45~11:15 ZUMBA maiko
11:00	11:30~12:00 ZUMBA IKUMI			11:30~12:15 ダンス ワークアウト Riko	11:30~12:30 Let's Jump maiko
12:00		12:15~13:00 BODY COMBAT Kozzi		12:45~13:45 ピラティス ayane	
13:00					
14:00					
19:00		19:00~20:00 バランス ボール はーちゃん	19:00~19:45 デトックス フローヨガ MIKIKO		19:00~19:45 ZUMBA GOLD Yokko
20:00		20:15~21:00 ピラティス yu-ki	20:00~20:45 筋膜リリース or リンパマッサージ MIKIKO	20:30~21:15 BODY COMBAT Kozzi	20:30~21:15 フローヨガ ジュンナ
21:00	水曜日20:00~: 第1.3.5週⇒筋膜リリース&ヨガ 第2.4週 ⇒リンパマッサージ&ヨガ				
22:00					

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
0:00	0:00-0:30 barre	0:00-0:30 barre	0:00-0:30 barre	0:00-0:30 barre	0:00-0:30 barre		0:00-0:45 LES MILLS BODYBALANCE
0:30	0:30-1:00 LES MILLS BODYATTACK	0:30-1:00 LES MILLS BODYATTACK	0:30-1:00 LES MILLS BODYATTACK	0:30-1:00 LES MILLS BODYATTACK	0:30-1:00 LES MILLS BODYATTACK	0:00-1:00 LES MILLS BODYATTACK	0:45-1:30
1:00	1:00-1:30 LES MILLS BODYBALANCE FLEXIBILITY	1:00-1:30 LES MILLS BODYBALANCE FLEXIBILITY	1:00-1:30 LES MILLS BODYBALANCE FLEXIBILITY	1:00-1:30 LES MILLS BODYBALANCE FLEXIBILITY	1:00-1:30 LES MILLS BODYBALANCE FLEXIBILITY	1:00-1:30 LES MILLS BODYBALANCE FLEXIBILITY	LES MILLS BODYCOMBAT
1:30	1:30-2:00 LES MILLS BODYCOMBAT	1:30-2:00 LES MILLS BODYCOMBAT	1:30-2:00 LES MILLS BODYCOMBAT	1:30-2:00 LES MILLS BODYCOMBAT	1:30-2:00 LES MILLS BODYCOMBAT	1:30-2:00 barre DANCE TECHNIQUE	1:30-2:00 barre
2:00	2:00-2:30 GRIT   CARDIO	2:00-2:30 GRIT   CARDIO	2:00-2:30 GRIT   CARDIO	2:00-2:30 GRIT   CARDIO	2:00-2:30 GRIT   CARDIO	2:00-2:30 LES MILLS BODYCOMBAT	2:00-2:45 LES MILLS BODYATTACK
2:30	2:30-3:00 LES MILLS SHBAM	2:30-3:00 LES MILLS SHBAM	2:30-3:00 LES MILLS SHBAM	2:30-3:00 LES MILLS SHBAM	2:30-3:00 LES MILLS SHBAM	2:30-3:00 LES MILLS SHBAM	2:45-3:30
3:00	3:00-3:25 barre DANCE TECHNIQUE	3:00-3:30 barre	3:00-3:25 barre DANCE TECHNIQUE	3:00-3:30 barre	3:00-3:25 barre DANCE TECHNIQUE	3:00-3:45 LES MILLS BODYBALANCE	LES MILLS SHBAM
3:30	3:30-4:00 LES MILLS BODYATTACK	3:30-4:00 LES MILLS BODYATTACK	3:30-4:00 LES MILLS BODYATTACK	3:30-4:00 LES MILLS BODYATTACK	3:30-4:00 LES MILLS BODYATTACK	3:45-4:30	3:30-4:00 GRIT   CARDIO
4:00	4:00-4:30 LES MILLS BODYBALANCE FLEXIBILITY	4:00-4:30 LES MILLS BODYBALANCE FLEXIBILITY	4:00-4:30 LES MILLS BODYBALANCE FLEXIBILITY	4:00-4:30 LES MILLS BODYBALANCE FLEXIBILITY	4:00-4:30 LES MILLS BODYBALANCE FLEXIBILITY	LES MILLS SHBAM	4:00-5:00 LES MILLS BODYATTACK
4:30	4:30-5:00 LES MILLS BODYCOMBAT	4:30-5:00 LES MILLS BODYCOMBAT	4:30-5:00 LES MILLS BODYCOMBAT	4:30-5:00 LES MILLS BODYCOMBAT	4:30-5:00 LES MILLS BODYCOMBAT	4:30-5:00 LES MILLS BODYATTACK	
5:00	5:00-5:30 GRIT   CARDIO	5:00-5:30 GRIT   CARDIO	5:00-5:30 GRIT   CARDIO	5:00-5:30 GRIT   CARDIO	5:00-5:30 GRIT   CARDIO	5:00-5:30 GRIT   CARDIO	5:00-5:30
5:30	5:30-6:00 LES MILLS SHBAM	5:30-6:00 LES MILLS SHBAM	5:30-6:00 LES MILLS SHBAM	5:30-6:00 LES MILLS SHBAM	5:30-6:00 LES MILLS SHBAM	5:30-6:15 LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
6:00	6:00-6:30 barre	6:00-6:30 barre	6:00-6:30 barre	6:00-6:30 barre	6:00-6:30 barre	6:15-7:00	6:00-6:30 LES MILLS BODYCOMBAT
6:30	6:30-7:00 LES MILLS BODYATTACK	6:30-7:00 LES MILLS BODYATTACK	6:30-7:00 LES MILLS BODYATTACK	6:30-7:00 LES MILLS BODYATTACK	6:30-7:00 LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	6:30-7:00 GRIT   CARDIO
7:00	7:00-7:30 LES MILLS BODYBALANCE FLEXIBILITY	7:00-7:30 LES MILLS BODYBALANCE FLEXIBILITY	7:00-7:30 LES MILLS BODYBALANCE FLEXIBILITY	7:00-7:30 LES MILLS BODYBALANCE FLEXIBILITY	7:00-7:30 LES MILLS BODYBALANCE FLEXIBILITY	7:00-8:00	7:00-7:45
7:30	7:30-8:00 LES MILLS BODYCOMBAT	7:30-8:00 LES MILLS BODYCOMBAT	7:30-8:00 LES MILLS BODYCOMBAT	7:30-8:00 LES MILLS BODYCOMBAT	7:30-8:00 LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS SHBAM

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
8:00	8:00-8:30 GRIT   CARDIO	8:00-8:30 GRIT   CARDIO	8:00-8:30 GRIT   CARDIO	8:00-8:30 GRIT   CARDIO	8:00-8:30 GRIT   CARDIO	8:00-8:30 GRIT   CARDIO	8:00-9:00 LES MILLS BODYCOMBAT
8:30	8:30-9:00 LES MILLS SHBAM	8:30-9:00 LES MILLS SHBAM	8:30-9:00 LES MILLS SHBAM	8:30-9:00 LES MILLS SHBAM	8:30-9:00 LES MILLS SHBAM	8:30-9:00 barre	
9:00	9:00-9:25 barre DANCE TECHNIQUE	9:00-9:25 barre DANCE TECHNIQUE	9:00-9:25 barre DANCE TECHNIQUE	9:00-9:30 barre	9:00-9:30 barre	9:00-10:00	9:00-10:00
9:30	9:30-10:00 LES MILLS BODYATTACK	9:30-10:00 LES MILLS BODYATTACK	9:30-10:00 LES MILLS BODYATTACK	9:30-10:00 LES MILLS BODYATTACK	9:30-10:00 LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYBALANCE
10:00	10:00-10:30 LES MILLS BODYBALANCE FLEXIBILITY	10:00-10:30 LES MILLS BODYBALANCE FLEXIBILITY	10:00-10:30 LES MILLS BODYBALANCE FLEXIBILITY	10:00-10:30 LES MILLS BODYBALANCE FLEXIBILITY	10:00-10:30 LES MILLS BODYBALANCE FLEXIBILITY	10:00-10:45 LES MILLS SHBAM	10:00-11:00
10:30	10:30-11:00 LES MILLS BODYCOMBAT	10:30-11:00 LES MILLS BODYCOMBAT	10:30-11:00 LES MILLS BODYCOMBAT	10:30-11:00 LES MILLS BODYCOMBAT	10:30-11:00 LES MILLS BODYCOMBAT	10:45-11:15 barre	LES MILLS BODYCOMBAT
11:00	11:00-11:30 GRIT   CARDIO	11:00-11:30 GRIT   CARDIO	11:00-11:30 GRIT   CARDIO	11:00-11:30 GRIT   CARDIO	11:00-11:30 GRIT   CARDIO	11:15-12:15	11:00-11:30 barre
11:30	11:30-12:00 LES MILLS SHBAM	11:30-12:00 LES MILLS SHBAM	11:30-12:00 LES MILLS SHBAM	11:30-12:00 LES MILLS SHBAM	11:30-12:00 LES MILLS SHBAM	LES MILLS BODYBALANCE	11:30-12:00 LES MILLS SHBAM
12:00	12:00-12:30 barre	12:00-12:30 barre	12:00-12:30 barre	12:00-12:30 barre	12:00-12:30 barre		12:00-12:45 LES MILLS BODYBALANCE
12:30	12:30-13:00 LES MILLS BODYATTACK	12:30-13:00 LES MILLS BODYATTACK	12:30-13:00 LES MILLS BODYATTACK	12:30-13:00 LES MILLS BODYATTACK	12:30-13:00 LES MILLS BODYATTACK	12:30-13:30	12:45-13:30
13:00	13:00-13:30 LES MILLS BODYBALANCE FLEXIBILITY	13:00-13:30 LES MILLS BODYBALANCE FLEXIBILITY	13:00-13:30 LES MILLS BODYBALANCE FLEXIBILITY	13:00-13:30 LES MILLS BODYBALANCE FLEXIBILITY	13:00-13:30 LES MILLS BODYBALANCE FLEXIBILITY	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK
13:30	13:30-14:00 LES MILLS BODYCOMBAT	13:30-14:00 LES MILLS BODYCOMBAT	13:30-14:00 LES MILLS BODYCOMBAT	13:30-14:00 LES MILLS BODYCOMBAT	13:30-14:00 LES MILLS BODYCOMBAT	13:30-14:15 LES MILLS SHBAM	13:30-14:15 LES MILLS BODYCOMBAT
14:00	14:00-14:30 GRIT   CARDIO	14:00-14:30 GRIT   CARDIO	14:00-14:30 GRIT   CARDIO	14:00-14:30 GRIT   CARDIO	14:00-14:30 GRIT   CARDIO	14:15-14:45 GRIT   CARDIO	14:15-15:15
14:30	14:30-15:00 LES MILLS SHBAM	14:30-15:00 LES MILLS SHBAM	14:30-15:00 LES MILLS SHBAM	14:30-15:00 LES MILLS SHBAM	14:30-15:00 LES MILLS SHBAM	14:45-15:15 barre	LES MILLS BODYATTACK
15:00	15:00-15:25 barre DANCE TECHNIQUE	15:00-15:30 barre	15:00-15:25 barre DANCE TECHNIQUE	15:00-15:30 barre	15:00-15:25 barre DANCE TECHNIQUE	15:15-16:00	15:15-15:45 GRIT   CARDIO
15:30	15:30-16:00 LES MILLS BODYATTACK	15:30-16:00 LES MILLS BODYATTACK	15:30-16:00 LES MILLS BODYATTACK	15:30-16:00 LES MILLS BODYATTACK	15:30-16:00 LES MILLS BODYATTACK	LES MILLS BODYBALANCE	15:45-16:30 LES MILLS SHBAM

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
16:00	16:00-16:30 LES MILLS BODYBALANCE FLEXIBILITY	16:00-16:30 LES MILLS BODYBALANCE FLEXIBILITY	16:00-16:30 LES MILLS BODYBALANCE FLEXIBILITY	16:00-16:30 LES MILLS BODYBALANCE FLEXIBILITY	16:00-16:30 LES MILLS BODYBALANCE FLEXIBILITY	16:00-16:45 LES MILLS BODYATTACK	
16:30	16:30-17:00 LES MILLS BODYCOMBAT	16:30-17:00 LES MILLS BODYCOMBAT	16:30-17:00 LES MILLS BODYCOMBAT	16:30-17:00 LES MILLS BODYCOMBAT	16:30-17:00 LES MILLS BODYCOMBAT	16:45-17:15 barre	16:30-17:30 LES MILLS BODYATTACK
17:00	17:00-17:30 GRIT   CARDIO	17:00-17:30 GRIT   CARDIO	17:00-17:30 GRIT   CARDIO	17:00-17:30 GRIT   CARDIO	17:00-17:30 GRIT   CARDIO	17:15-18:15	
17:30	17:30-18:00 LES MILLS SHBAM	17:30-18:00 LES MILLS SHBAM	17:30-18:00 LES MILLS SHBAM	17:30-18:00 LES MILLS SHBAM	17:30-18:00 LES MILLS SHBAM	LES MILLS BODYBALANCE	17:30-18:30
18:00	18:00-18:30 barre	18:00-18:25 barre DANCE TECHNIQUE	18:00-18:30 barre	18:00-18:25 barre DANCE TECHNIQUE	18:00-18:25 barre DANCE TECHNIQUE	18:15-18:45 LES MILLS SHBAM	LES MILLS BODYBALANCE
18:30	18:30-19:00 LES MILLS BODYATTACK	18:25-19:10 LES MILLS BODYATTACK	18:30-19:30 LES MILLS BODYATTACK	18:25-19:10 LES MILLS BODYATTACK	18:30-19:15 LES MILLS BODYATTACK	18:45-19:30	18:30-19:30
19:00	19:00-19:45 LES MILLS BODYBALANCE	19:10-19:55		19:10-20:10	19:15-20:00	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT
19:30	19:45-20:30 LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	19:30-20:30	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	19:30-20:00 barre DANCE TECHNIQUE	19:30-20:00 LES MILLS BODYATTACK
20:00		19:55-20:40 LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	20:10-20:40 LES MILLS BODYCOMBAT	20:00-20:30 LES MILLS BODYCOMBAT	20:00-21:00	20:00-20:30 LES MILLS BODYBALANCE FLEXIBILITY
20:30	20:30-21:00 GRIT   CARDIO	20:40-21:10 GRIT   CARDIO	20:30-21:15 LES MILLS BODYCOMBAT	20:40-21:10 GRIT   CARDIO	20:30-21:00 GRIT   CARDIO	LES MILLS BODYATTACK	20:30-21:00 LES MILLS BODYCOMBAT
21:00	21:00-21:45 LES MILLS SHBAM	21:10-21:55	21:15-21:45 GRIT   CARDIO	21:10-21:40 LES MILLS SHBAM	21:00-21:45 LES MILLS SHBAM	21:00-22:00 LES MILLS BODYBALANCE	21:00-21:45 LES MILLS BODYBALANCE
21:30	21:45-22:15 barre	LES MILLS SHBAM	21:45-22:15 LES MILLS SHBAM	21:40-22:05 barre DANCE TECHNIQUE	21:45-22:15 barre		21:45-22:30
22:00	22:15-23:15 LES MILLS BODYATTACK	21:55-22:20 barre DANCE TECHNIQUE	22:15-22:40 barre DANCE TECHNIQUE	22:05-22:50 LES MILLS BODYATTACK	22:15-23:15	22:00-22:30 GRIT   CARDIO	LES MILLS BODYATTACK
22:30		22:30-23:30 LES MILLS BODYATTACK	22:40-23:25		LES MILLS BODYATTACK	22:30-23:00 LES MILLS SHBAM	22:30-23:00 barre
23:00	23:15-0:00		LES MILLS BODYATTACK	22:50-23:50	23:15-00:00	23:00-0:00	23:00-0:00
23:30	LES MILLS BODYBALANCE	23:30-00:00 LES MILLS BODYBALANCE FLEXIBILITY	23:25-23:55 LES MILLS BODYBALANCE FLEXIBILITY	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE