

# 2024年2月



## FIT-EASY 広陵店

### STUDIO LESSON

| 月曜日                                  | 火曜日                                                                                                                              | 水曜日                                                                                                                                                              | 木曜日                                               | 金曜日                                           | 土曜日                                                                              | 日曜日 |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------|-----|
| 29                                   | 30                                                                                                                               | 31                                                                                                                                                               | 1<br>Yogic arts<br>初級<br>20:30~21:30<br>☆☆ MIZHO  | 2<br>開脚ストレッチヨガ<br>20:00~20:50<br>☆☆ AKANE     | 3<br>ほぐしてピラティス<br>10:00~10:45<br>☆☆ SACHIKO<br>ZUMBA®<br>19:00~19:45<br>☆☆ HARU  | 4   |
| 5<br>ほぐしヨガ<br>20:15~21:15<br>☆☆ SAE  | 6<br>Yogic arts<br>10:00~11:00<br>☆☆☆☆ MIZHO<br>Flow yoga(NEW)<br>19:00~19:50<br>☆☆☆☆ AKANE<br>ZUMBA®<br>20:15~21:00<br>☆☆ HARU  | 7<br>バレエヨガ<br>10:15~11:15<br>☆☆ SAYAKA<br>ビギナーズヨガ<br>20:15~21:15<br>☆☆☆☆ SAE                                                                                     | 8<br>Yogic arts<br>初級<br>20:30~21:30<br>☆☆ MIZHO  | 9<br>Salsation®<br>10:00~10:45<br>☆☆ SACHIKO  | 10<br>ほぐしてピラティス<br>10:00~10:45<br>☆☆ SACHIKO<br>ZUMBA®<br>19:00~19:45<br>☆☆ HARU | 11  |
| 12<br>ほぐしヨガ<br>20:15~21:15<br>☆☆ SAE | 13<br>Yogic arts<br>10:00~11:00<br>☆☆☆☆ MIZHO<br>お腹んエイノアツノヨガ<br>19:00~19:50<br>☆☆☆☆ AKANE<br>ZUMBA®<br>20:15~21:00<br>☆☆ HARU    | 14<br>バレエヨガ<br>10:15~11:15<br>☆☆ SAYAKA<br>ビギナーズヨガ<br>20:15~21:15<br>☆☆☆☆ SAE                                                                                    | 15<br>Yogic arts<br>初級<br>20:30~21:30<br>☆☆ MIZHO | 16<br>開脚ストレッチヨガ<br>20:00~20:50<br>☆☆ AKANE    | 17<br>ZUMBA®<br>19:00~19:45<br>☆☆ HARU                                           | 18  |
| 19<br>ほぐしヨガ<br>20:15~21:15<br>☆☆ SAE | 20<br>Yogic arts<br>10:00~11:00<br>☆☆☆☆ MIZHO<br>Flow yoga(NEW)<br>19:00~19:50<br>☆☆☆☆ AKANE<br>ZUMBA®<br>20:15~21:00<br>☆☆ HARU | 21<br>ビギナーズヨガ<br>20:15~21:15<br>☆☆☆☆ SAE                                                                                                                         | 22<br>Yogic arts<br>初級<br>20:30~21:30<br>☆☆ MIZHO | 23<br>Salsation®<br>10:00~10:45<br>☆☆ SACHIKO | 24<br>ほぐしてピラティス<br>10:00~10:45<br>☆☆ SACHIKO<br>ZUMBA®<br>19:00~19:45<br>☆☆ HARU | 25  |
| 26<br>ほぐしヨガ<br>20:15~21:15<br>☆☆ SAE | 27<br>Yogic arts<br>10:00~11:00<br>☆☆☆☆ MIZHO<br>代行 骨トレ<br>19:00~19:50<br>MIZHO<br>ZUMBA®<br>20:15~21:00<br>☆☆ HARU              | 28<br>バレエヨガ<br>10:15~11:15<br>☆☆ SAYAKA<br>ビギナーズヨガ<br>20:15~21:15<br>☆☆☆☆ SAE                                                                                    | 29<br>Yogic arts<br>初級<br>20:30~21:30<br>☆☆ MIZHO | 1                                             | 2                                                                                | 3   |
| 4                                    | 5                                                                                                                                | <p>※スケジュールは変更の可能性もあります。</p> <p>予約受付時間 10:00~19:30</p> <p>2月27日(火)MIZHO先生 19:00~19:50</p> <p>骨トレ(初級)</p> <p>(・フォームローラー・ストレッチポール・ハーフポール)</p> <p>お持ちの方はご持参ください。</p> |                                                   |                                               |                                                                                  |     |

|       | Monday                                     | Tuesday                                   | Wednesday                                  | Thursday                                    | Friday                                      | Saturday                                   | Sunday                                     |
|-------|--------------------------------------------|-------------------------------------------|--------------------------------------------|---------------------------------------------|---------------------------------------------|--------------------------------------------|--------------------------------------------|
| 0:00  | 00:00~00:30<br><b>barre</b>                | 00:00~00:30<br><b>LES MILLS SH'BAM</b>    | 00:00~00:30<br><b>LES MILLS BODYCOMBAT</b> | 00:00~00:30<br><b>LES MILLS BODYBALANCE</b> | 00:00~00:30<br><b>GRIT   CARDIO</b>         | 00:00~00:30<br><b>LES MILLS BODYATTACK</b> | 00:00~00:30<br><b>barre</b>                |
| 1:00  | 1:00~1:30<br><b>LES MILLS SH'BAM</b>       | 1:00~1:30<br><b>LES MILLS BODYCOMBAT</b>  | 1:00~1:30<br><b>LES MILLS BODYBALANCE</b>  | 1:00~1:30<br><b>GRIT   CARDIO</b>           | 1:00~1:30<br><b>LES MILLS BODYATTACK</b>    | 1:00~1:30<br><b>barre</b>                  | 1:00~1:30<br><b>LES MILLS SH'BAM</b>       |
| 2:00  | 2:00~2:30<br><b>LES MILLS BODYCOMBAT</b>   | 2:00~2:30<br><b>LES MILLS BODYBALANCE</b> | 2:00~2:30<br><b>GRIT   CARDIO</b>          | 2:00~2:30<br><b>LES MILLS BODYATTACK</b>    | 2:00~2:30<br><b>barre</b>                   | 2:00~2:30<br><b>LES MILLS SH'BAM</b>       | 2:00~2:30<br><b>LES MILLS BODYCOMBAT</b>   |
| 3:00  | 3:00~3:30<br><b>LES MILLS BODYBALANCE</b>  | 3:00~3:30<br><b>GRIT   CARDIO</b>         | 3:00~3:30<br><b>LES MILLS BODYATTACK</b>   | 3:00~3:30<br><b>barre</b>                   | 3:00~3:30<br><b>LES MILLS SH'BAM</b>        | 3:00~3:30<br><b>LES MILLS BODYCOMBAT</b>   | 3:00~3:30<br><b>LES MILLS BODYBALANCE</b>  |
| 4:00  | 4:00~4:30<br><b>GRIT   CARDIO</b>          | 4:00~4:30<br><b>LES MILLS BODYATTACK</b>  | 4:00~4:30<br><b>barre</b>                  | 4:00~4:30<br><b>LES MILLS SH'BAM</b>        | 4:00~4:30<br><b>LES MILLS BODYCOMBAT</b>    | 4:00~4:30<br><b>LES MILLS BODYBALANCE</b>  | 4:00~4:30<br><b>GRIT   CARDIO</b>          |
| 5:00  | 5:00~5:30<br><b>LES MILLS BODYATTACK</b>   | 5:00~5:30<br><b>barre</b>                 | 5:00~5:30<br><b>LES MILLS SH'BAM</b>       | 5:00~5:30<br><b>LES MILLS BODYCOMBAT</b>    | 5:00~5:30<br><b>LES MILLS BODYBALANCE</b>   | 5:00~5:30<br><b>GRIT   CARDIO</b>          | 5:00~5:30<br><b>LES MILLS BODYATTACK</b>   |
| 6:00  | 6:00~6:30<br><b>barre</b>                  | 6:00~6:30<br><b>LES MILLS SH'BAM</b>      | 6:00~6:30<br><b>LES MILLS BODYCOMBAT</b>   | 6:00~6:30<br><b>LES MILLS BODYBALANCE</b>   | 6:00~6:30<br><b>GRIT   CARDIO</b>           | 6:00~6:30<br><b>LES MILLS BODYATTACK</b>   | 6:00~6:30<br><b>barre</b>                  |
| 7:00  | 7:00~7:30<br><b>LES MILLS SH'BAM</b>       | 7:00~7:30<br><b>LES MILLS BODYCOMBAT</b>  | 7:00~7:30<br><b>LES MILLS BODYBALANCE</b>  | 7:00~7:30<br><b>GRIT   CARDIO</b>           | 7:00~7:30<br><b>LES MILLS BODYATTACK</b>    | 7:00~7:30<br><b>barre</b>                  | 7:00~7:30<br><b>LES MILLS SH'BAM</b>       |
| 8:00  | 8:00~8:30<br><b>LES MILLS BODYCOMBAT</b>   | 8:00~8:30<br><b>LES MILLS BODYBALANCE</b> | 8:00~8:30<br><b>GRIT   CARDIO</b>          | 8:00~8:30<br><b>LES MILLS BODYATTACK</b>    | 8:00~8:30<br><b>barre</b>                   | 8:00~8:30<br><b>LES MILLS SH'BAM</b>       | 8:00~8:30<br><b>LES MILLS BODYCOMBAT</b>   |
| 9:00  | 9:00~9:30<br><b>LES MILLS BODYBALANCE</b>  | 9:00~9:30<br><b>GRIT   CARDIO</b>         | 9:00~9:30<br><b>LES MILLS BODYATTACK</b>   | 9:00~9:30<br><b>barre</b>                   | 9:00~9:30<br><b>LES MILLS SH'BAM</b>        | 9:00~9:30<br><b>LES MILLS BODYCOMBAT</b>   | 9:00~9:30<br><b>LES MILLS BODYBALANCE</b>  |
| 10:00 | 10:00~10:30<br><b>GRIT   CARDIO</b>        | 10:00~11:00<br>Yogic arts<br>MIZHO        | 10:00~10:30<br><b>barre</b>                | 10:00~10:30<br><b>LES MILLS SH'BAM</b>      | 10:00~10:30<br><b>LES MILLS BODYCOMBAT</b>  | 10:00~10:45<br>ほぐして<br>ピラティス<br>SACHIKO    | 10:00~10:30<br><b>GRIT   CARDIO</b>        |
| 11:00 | 11:00~11:30<br><b>LES MILLS BODYATTACK</b> | 11:00~11:30<br><b>barre</b>               | 11:00~11:30<br><b>LES MILLS SH'BAM</b>     | 11:00~11:30<br><b>LES MILLS BODYCOMBAT</b>  | 11:00~11:30<br><b>LES MILLS BODYBALANCE</b> | 11:00~11:30<br><b>GRIT   CARDIO</b>        | 11:00~11:30<br><b>LES MILLS BODYATTACK</b> |
| 12:00 | 12:00~12:30<br><b>barre</b>                | 12:00~12:30<br><b>LES MILLS SH'BAM</b>    | 12:00~12:30<br><b>LES MILLS BODYCOMBAT</b> | 12:00~12:30<br><b>LES MILLS BODYBALANCE</b> | 12:00~12:30<br><b>GRIT   CARDIO</b>         | 12:00~12:30<br><b>LES MILLS BODYATTACK</b> | 12:00~12:30<br><b>barre</b>                |

## 【 広陵店レッスンスケジュール② 】

|       | Monday                                      | Tuesday                                     | Wednesday                                   | Thursday                                    | Friday                                      | Saturday                                    | Sunday                                      |
|-------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|
| 13:00 | 13:00~13:30<br><b>LES MILLS SH'BAM</b>      | 13:00~13:30<br><b>LES MILLS BODYCOMBAT</b>  | 13:00~13:30<br><b>LES MILLS BODYBALANCE</b> | 13:00~13:30<br><b>GRIT   CARDIO</b>         | 13:00~13:30<br><b>LES MILLS BODYATTACK</b>  | 13:00~13:30<br><b>barre</b>                 | 13:00~13:30<br><b>LES MILLS SH'BAM</b>      |
| 14:00 | 14:00~14:30<br><b>LES MILLS BODYCOMBAT</b>  | 14:00~14:30<br><b>LES MILLS BODYBALANCE</b> | 14:00~14:30<br><b>GRIT   CARDIO</b>         | 14:00~14:30<br><b>LES MILLS BODYATTACK</b>  | 14:00~14:30<br><b>barre</b>                 | 14:00~14:30<br><b>LES MILLS SH'BAM</b>      | 14:00~14:30<br><b>LES MILLS BODYCOMBAT</b>  |
| 15:00 | 15:00~15:30<br><b>LES MILLS BODYBALANCE</b> | 15:00~15:30<br><b>GRIT   CARDIO</b>         | 15:00~15:30<br><b>LES MILLS BODYATTACK</b>  | 15:00~15:30<br><b>barre</b>                 | 15:00~15:30<br><b>LES MILLS SH'BAM</b>      | 15:00~15:30<br><b>LES MILLS BODYCOMBAT</b>  | 15:00~15:30<br><b>LES MILLS BODYBALANCE</b> |
| 16:00 | 16:00~16:30<br><b>GRIT   CARDIO</b>         | 16:00~16:30<br><b>LES MILLS BODYATTACK</b>  | 16:00~16:30<br><b>barre</b>                 | 16:00~16:30<br><b>LES MILLS SH'BAM</b>      | 16:00~16:30<br><b>LES MILLS BODYCOMBAT</b>  | 16:00~16:30<br><b>LES MILLS BODYBALANCE</b> | 16:00~16:30<br><b>GRIT   CARDIO</b>         |
| 17:00 | 17:00~17:30<br><b>LES MILLS BODYATTACK</b>  | 17:00~17:30<br><b>barre</b>                 | 17:00~17:30<br><b>LES MILLS SH'BAM</b>      | 17:00~17:30<br><b>LES MILLS BODYCOMBAT</b>  | 17:00~17:30<br><b>LES MILLS BODYBALANCE</b> | 17:00~17:30<br><b>GRIT   CARDIO</b>         | 17:00~17:30<br><b>LES MILLS BODYATTACK</b>  |
| 18:00 | 18:00~18:30<br><b>barre</b>                 | 18:00~18:30<br><b>LES MILLS SH'BAM</b>      | 18:00~18:30<br><b>LES MILLS BODYCOMBAT</b>  | 18:00~18:30<br><b>LES MILLS BODYBALANCE</b> | 18:00~18:30<br><b>GRIT   CARDIO</b>         | 18:00~18:30<br><b>LES MILLS BODYATTACK</b>  | 18:00~18:30<br><b>barre</b>                 |
| 19:00 | 19:00~19:30<br><b>LES MILLS SH'BAM</b>      | 19:00~19:50<br>お腹シェイプ<br>アップヨガ<br>AKANE     | 19:00~19:30<br><b>LES MILLS BODYBALANCE</b> | 19:00~19:30<br><b>GRIT   CARDIO</b>         | 19:00~19:50<br>開脚ストレッチ<br>ヨガ<br>AKANE       | 19:00~19:45<br>ZUMBA<br>HARU                | 19:00~19:30<br><b>LES MILLS SH'BAM</b>      |
| 20:00 | 20:15~21:15<br>ほくしヨガ<br>SAE                 | 20:15~21:00<br>ZUMBA<br>HARU                | 20:15~21:15<br>ピギナースヨガ<br>SAE               | 20:00~20:30<br><b>LES MILLS BODYATTACK</b>  | 20:00~20:30<br><b>barre</b>                 | 20:00~20:30<br><b>LES MILLS SH'BAM</b>      | 20:00~20:30<br><b>LES MILLS BODYCOMBAT</b>  |
| 21:00 |                                             | 21:00~21:30<br><b>GRIT   CARDIO</b>         |                                             | 20:30~21:30<br>Yogic arts<br>初級<br>MIZHO    | 21:00~21:30<br><b>LES MILLS SH'BAM</b>      | 21:00~21:30<br><b>LES MILLS BODYCOMBAT</b>  | 21:00~21:30<br><b>LES MILLS BODYBALANCE</b> |
| 22:00 | 22:00~22:30<br><b>GRIT   CARDIO</b>         | 22:00~22:30<br><b>LES MILLS BODYATTACK</b>  | 22:00~22:30<br><b>barre</b>                 | 22:00~22:30<br><b>LES MILLS SH'BAM</b>      | 22:00~22:30<br><b>LES MILLS BODYCOMBAT</b>  | 22:00~22:30<br><b>LES MILLS BODYBALANCE</b> | 22:00~22:30<br><b>GRIT   CARDIO</b>         |
| 23:00 | 23:00~23:30<br><b>LES MILLS BODYATTACK</b>  | 23:00~23:30<br><b>barre</b>                 | 23:00~23:30<br><b>LES MILLS SH'BAM</b>      | 23:00~23:30<br><b>LES MILLS BODYCOMBAT</b>  | 23:00~23:30<br><b>LES MILLS BODYBALANCE</b> | 23:00~23:30<br><b>GRIT   CARDIO</b>         | 23:00~23:30<br><b>LES MILLS BODYATTACK</b>  |

