RADICAL VIRTUAL

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
0:00	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	10:00~10:30 休講	VIRTUAL FIGHT DO	VIRTUAL MEGADANZ
11:00	11:00~12:00 リラックスヨガ Minami	VIRTUAL UBOUND	11:00~11:30 休講	VIRTUAL FIGHT DO	10:30~11:15 ZUMBA SAYU	VIRTUAL UBOUND	VIRTUAL ELEVEN
12:00	12:00~13:00 休講	VIRTUAL FIGHT DO	VIRTUAL OXIGENO	VIRTUAL OXIGENO	VIRTUAL OXIGENO	VIRTUAL MEGADANZ	VIRTUAL AERO

	月	火	水	木	金	土	日
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	19:00~19:30 休講	VIRTUAL AERO	VIRTUAL MEGADANZ	19:00~19:30 休講	VIRTUAL MEGADANZ	VIRTUAL UBOUND
20:00	VIRTUAL FIGHT DO	19:30~20:30 姿勢改善ヨガ Chiaki	VIRTUAL YOGA	VIRTUAL OXIGENO	19:30~20:30 リラックスヨガ Chiaki	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

湖西店

FIT-AERO