

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 <b>barre</b>	00:00~00:30 <b>LES MILLS SH'BAM</b>	00:00~00:30 <b>LES MILLS BODYCOMBAT</b>	00:00~00:30 <b>LES MILLS BODYBALANCE</b>	00:00~00:30 <b>GRIT   CARDIO</b>	00:00~00:30 <b>LES MILLS BODYATTACK</b>	00:00~00:30 <b>barre</b>
1:00	1:00~1:30 <b>LES MILLS SH'BAM</b>	1:00~1:30 <b>LES MILLS BODYCOMBAT</b>	1:00~1:30 <b>LES MILLS BODYBALANCE</b>	1:00~1:30 <b>GRIT   CARDIO</b>	1:00~1:30 <b>LES MILLS BODYATTACK</b>	1:00~1:30 <b>barre</b>	1:00~1:30 <b>LES MILLS SH'BAM</b>
2:00	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>	2:00~2:30 <b>LES MILLS BODYBALANCE</b>	2:00~2:30 <b>GRIT   CARDIO</b>	2:00~2:30 <b>LES MILLS BODYATTACK</b>	2:00~2:30 <b>barre</b>	2:00~2:30 <b>LES MILLS SH'BAM</b>	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>
3:00	3:00~3:30 <b>LES MILLS BODYBALANCE</b>	3:00~3:30 <b>GRIT   CARDIO</b>	3:00~3:30 <b>LES MILLS BODYATTACK</b>	3:00~3:30 <b>barre</b>	3:00~3:30 <b>LES MILLS SH'BAM</b>	3:00~3:30 <b>LES MILLS BODYCOMBAT</b>	3:00~3:30 <b>LES MILLS BODYBALANCE</b>
4:00	4:00~4:30 <b>GRIT   CARDIO</b>	4:00~4:30 <b>LES MILLS BODYATTACK</b>	4:00~4:30 <b>barre</b>	4:00~4:30 <b>LES MILLS SH'BAM</b>	4:00~4:30 <b>LES MILLS BODYCOMBAT</b>	4:00~4:30 <b>LES MILLS BODYBALANCE</b>	4:00~4:30 <b>GRIT   CARDIO</b>
5:00	5:00~5:30 <b>LES MILLS BODYATTACK</b>	5:00~5:30 <b>barre</b>	5:00~5:30 <b>LES MILLS SH'BAM</b>	5:00~5:30 <b>LES MILLS BODYCOMBAT</b>	5:00~5:30 <b>LES MILLS BODYBALANCE</b>	5:00~5:30 <b>GRIT   CARDIO</b>	5:00~5:30 <b>LES MILLS BODYATTACK</b>
6:00	6:00~6:30 <b>barre</b>	6:00~6:30 <b>LES MILLS SH'BAM</b>	6:00~6:30 <b>LES MILLS BODYCOMBAT</b>	6:00~6:30 <b>LES MILLS BODYBALANCE</b>	6:00~6:30 <b>GRIT   CARDIO</b>	6:00~6:30 <b>LES MILLS BODYATTACK</b>	6:00~6:30 <b>barre</b>
7:00	7:00~7:30 <b>LES MILLS SH'BAM</b>	7:00~7:30 <b>LES MILLS BODYCOMBAT</b>	7:00~7:30 <b>LES MILLS BODYBALANCE</b>	7:00~7:30 <b>GRIT   CARDIO</b>	7:00~7:30 <b>LES MILLS BODYATTACK</b>	7:00~7:30 <b>barre</b>	7:00~7:30 <b>LES MILLS SH'BAM</b>
8:00	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>	8:00~8:30 <b>LES MILLS BODYBALANCE</b>	8:00~8:30 <b>GRIT   CARDIO</b>	8:00~8:30 <b>LES MILLS BODYATTACK</b>	8:00~8:30 <b>barre</b>	8:00~8:30 <b>LES MILLS SH'BAM</b>	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>
9:00	9:00~9:30 <b>LES MILLS BODYBALANCE</b>	9:00~9:30 <b>GRIT   CARDIO</b>	9:00~9:30 <b>LES MILLS BODYATTACK</b>	9:00~9:30 <b>barre</b>	9:00~9:30 <b>LES MILLS SH'BAM</b>	9:00~9:30 <b>LES MILLS BODYCOMBAT</b>	9:00~9:30 <b>LES MILLS BODYBALANCE</b>
10:00	10:00~10:30 <b>GRIT   CARDIO</b>	10:00~10:30 <b>LES MILLS BODYATTACK</b>	10:00~10:30 <b>barre</b>	10:00~10:30 <b>LES MILLS SH'BAM</b>	10:00~10:30 <b>LES MILLS BODYCOMBAT</b>	10:00~10:30 <b>LES MILLS BODYBALANCE</b>	10:00~10:30 <b>GRIT   CARDIO</b>
11:00	11:00~11:30 <b>LES MILLS BODYATTACK</b>	11:00~11:30 <b>barre</b>	11:00~11:30 <b>LES MILLS SH'BAM</b>	11:00~11:30 <b>LES MILLS BODYCOMBAT</b>	11:00~11:30 <b>LES MILLS BODYBALANCE</b>	11:00~11:30 <b>GRIT   CARDIO</b>	11:00~11:30 <b>LES MILLS BODYATTACK</b>
12:00	12:00~12:30 <b>barre</b>	12:00~12:30 <b>LES MILLS SH'BAM</b>	12:00~12:30 <b>LES MILLS BODYCOMBAT</b>	12:00~12:30 <b>LES MILLS BODYBALANCE</b>	12:00~12:30 <b>GRIT   CARDIO</b>	12:00~12:30 <b>LES MILLS BODYATTACK</b>	12:00~12:30 <b>barre</b>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 <b>LES MILLS SH'BAM</b>	13:00~13:30 <b>LES MILLS BODYCOMBAT</b>	13:00~13:30 <b>LES MILLS BODYBALANCE</b>	13:00~13:30 <b>LES MILLS GRIT   CARDIO</b>	13:00~13:30 <b>LES MILLS BODYATTACK</b>	13:00~13:30 <b>barre</b>	13:00~13:30 <b>LES MILLS SH'BAM</b>
14:00	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>	14:00~14:30 <b>LES MILLS BODYBALANCE</b>	14:00~14:30 <b>LES MILLS GRIT   CARDIO</b>	14:00~14:30 <b>LES MILLS BODYATTACK</b>	14:00~14:30 <b>barre</b>	14:00~14:30 <b>LES MILLS SH'BAM</b>	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>
15:00	15:00~15:30 <b>LES MILLS BODYBALANCE</b>	15:00~15:30 <b>LES MILLS GRIT   CARDIO</b>	15:00~15:30 <b>LES MILLS BODYATTACK</b>	15:00~15:30 <b>barre</b>	15:00~15:30 <b>LES MILLS SH'BAM</b>	15:00~15:30 <b>LES MILLS BODYCOMBAT</b>	15:00~15:30 <b>LES MILLS BODYBALANCE</b>
16:00	16:00~16:30 <b>LES MILLS GRIT   CARDIO</b>	16:00~16:30 <b>LES MILLS BODYATTACK</b>	16:00~16:30 <b>barre</b>	16:00~16:30 <b>LES MILLS SH'BAM</b>	16:00~16:30 <b>LES MILLS BODYCOMBAT</b>	16:00~16:30 <b>LES MILLS BODYBALANCE</b>	16:00~16:30 <b>LES MILLS GRIT   CARDIO</b>
17:00	17:00~17:30 <b>LES MILLS BODYATTACK</b>	17:00~17:30 <b>barre</b>	17:00~17:30 <b>LES MILLS SH'BAM</b>	17:00~17:30 <b>LES MILLS BODYCOMBAT</b>	17:00~17:30 <b>LES MILLS BODYBALANCE</b>	17:00~17:30 <b>LES MILLS GRIT   CARDIO</b>	17:00~17:30 <b>LES MILLS BODYATTACK</b>
18:00	18:00~18:30 <b>barre</b>	18:00~18:30 <b>LES MILLS SH'BAM</b>	18:00~18:30 <b>LES MILLS BODYCOMBAT</b>	18:00~18:30 <b>LES MILLS BODYBALANCE</b>	18:00~18:30 <b>LES MILLS GRIT   CARDIO</b>	18:00~18:30 <b>LES MILLS BODYATTACK</b>	18:00~18:30 <b>barre</b>
19:00	19:00~19:30 <b>LES MILLS SH'BAM</b>	19:00~19:30 <b>LES MILLS BODYCOMBAT</b>	19:00~19:30 <b>LES MILLS BODYBALANCE</b>	19:00~19:30 <b>LES MILLS GRIT   CARDIO</b>	19:00~19:30 <b>LES MILLS BODYATTACK</b>	19:00~19:30 <b>barre</b>	19:00~19:30 <b>LES MILLS SH'BAM</b>
20:00	20:00~20:30 <b>LES MILLS BODYCOMBAT</b>	20:00~20:30 <b>LES MILLS BODYBALANCE</b>	20:00~20:30 <b>LES MILLS GRIT   CARDIO</b>	20:00~20:30 <b>LES MILLS BODYATTACK</b>	20:00~20:30 <b>barre</b>	20:00~20:30 <b>LES MILLS SH'BAM</b>	20:00~20:30 <b>LES MILLS BODYCOMBAT</b>
21:00	21:00~21:30 <b>LES MILLS BODYBALANCE</b>	21:00~21:30 <b>LES MILLS GRIT   CARDIO</b>	21:00~21:30 <b>LES MILLS BODYATTACK</b>	21:00~21:30 <b>barre</b>	21:00~21:30 <b>LES MILLS SH'BAM</b>	21:00~21:30 <b>LES MILLS BODYCOMBAT</b>	21:00~21:30 <b>LES MILLS BODYBALANCE</b>
22:00	22:00~22:30 <b>LES MILLS GRIT   CARDIO</b>	22:00~22:30 <b>LES MILLS BODYATTACK</b>	22:00~22:30 <b>barre</b>	22:00~22:30 <b>LES MILLS SH'BAM</b>	22:00~22:30 <b>LES MILLS BODYCOMBAT</b>	22:00~22:30 <b>LES MILLS BODYBALANCE</b>	22:00~22:30 <b>LES MILLS GRIT   CARDIO</b>
23:00	23:00~23:30 <b>LES MILLS BODYATTACK</b>	23:00~23:30 <b>barre</b>	23:00~23:30 <b>LES MILLS SH'BAM</b>	23:00~23:30 <b>LES MILLS BODYCOMBAT</b>	23:00~23:30 <b>LES MILLS BODYBALANCE</b>	23:00~23:30 <b>LES MILLS GRIT   CARDIO</b>	23:00~23:30 <b>LES MILLS BODYATTACK</b>



# 7

Tetsu

MEI

Zoushi

HIROKO

Inori

Mihoko

ERI

Shintaro

ご参加お待ちしております！

空きがあれば入れますが、ご予約が確実です！

★運動強度



SUN

MON

TUE

WED

THU

FRI

SAT

26	27	28	29 10:00~10:45 心と身体を 整えるヨガ ★	30	1 19:30~20:15 ナディクレンジング ★★★★★	2 11:00~12:00 アシュタンガ初級 ★★★★
3 10:00~10:45 MEIYOGA ★★	4	5 10:30~11:30 ハタヨガと瞑想 ★★ 19:30~20:15 代謝アップヨガ ★★★★	6 10:00~10:45 心と身体を 整えるヨガ ★	7 14:00~15:00 ゆっくりソフトヨガ ★	8 19:30~20:15 ナディクレンジング ★★★★★	11:00~12:00 12:00~13:00 アクロヨガ アクロヨガJAM ★★★★ ★★★★★ 15:30~16:30 アニマルフロー ★★★★★ 19:30~20:30 アロマヨガ ★★
10 10:00~10:45 MEIYOGA ★★ 11:00~12:00 アシュタンガ中級 ★★★★★	11	12 10:30~11:30 ハタヨガと瞑想 ★★ 19:30~20:15 代謝アップヨガ ★★★★	13 10:00~10:45 心と身体を 整えるヨガ ★	14 14:00~15:00 ゆっくりソフトヨガ ★	15 19:30~20:15 ナディクレンジング ★★★★★	16 11:00~12:00 アクロヨガ ★★★★ 12:00~13:00 アクロヨガJAM ★★★★
17 10:00~10:45 MEIYOGA ★★ 11:00~12:00 アシュタンガ中級 ★★★★★	18	19 10:30~11:30 ハタヨガと瞑想 ★★ 19:30~20:15 代謝アップヨガ ★★★★	20 10:00~10:45 心と身体を 整えるヨガ ★	21 14:00~15:00 ゆっくりソフトヨガ ★	22 19:30~20:15 ナディクレンジング ★★★★★	23 11:00~12:00 アシュタンガ初級 ★★★★ 15:30~16:30 アニマルフロー ★★★★★ 19:30~20:30 アロマヨガ ★★
24 10:00~10:45 MEIYOGA ★★ 31	25	26 10:30~11:30 ハタヨガと瞑想 ★★ 19:30~20:15 代謝アップヨガ ★★★★	27 10:00~10:45 心と身体を 整えるヨガ ★	28 14:00~15:00 ゆっくりソフトヨガ ★	29 19:30~20:15 ナディクレンジング ★★★★★	30 11:00~12:00 アシュタンガ初級 ★★★★ 19:30~20:30 月礼拝ヨガ ★★★★