

2025/10/14 更新

| 11/01            | 11/02                | 11/03    | 11/04          | 11/05         | 11/06            | 11/07         | 11/08            |               |               |       |               |          |               |          |  |  |  |               |               |
|------------------|----------------------|----------|----------------|---------------|------------------|---------------|------------------|---------------|---------------|-------|---------------|----------|---------------|----------|--|--|--|---------------|---------------|
| 土                | 日                    | 月        | 火              | 水             | 木                | 金             | 土                |               |               |       |               |          |               |          |  |  |  |               |               |
| 10:30 ~ 11:30    | 10:30 ~ 11:30        | close    | 10:30 ~ 11:30  | 10:30 ~ 11:30 | close            | 10:30 ~ 11:30 | 10:30 ~ 11:30    |               |               |       |               |          |               |          |  |  |  |               |               |
| jump to burn     | Waist                |          | Hip&Leg        | Back&Arm      |                  | Basic         | Hip&Leg          |               |               |       |               |          |               |          |  |  |  |               |               |
| Fuka.y           | Yukina.K             |          | Kasumi.S       | Yukina.K      |                  | Yukina.K      | Fuka.y           |               |               |       |               |          |               |          |  |  |  |               |               |
| 12:00 ~ 13:00    | 12:30 ~ 13:30        |          | 12:00 ~ 13:00  | 12:30 ~ 13:30 |                  | 12:00 ~ 13:00 | 12:00 ~ 13:00    |               |               |       |               |          |               |          |  |  |  |               |               |
| Basic            | Stretch&Conditioning |          | Basic          | Hip&Leg       |                  | Back&Arm      | Release&Strength |               |               |       |               |          |               |          |  |  |  |               |               |
| Saki.Y           | Fuka.y               |          | Fuka.y         | Kasumi.S      |                  | Saki.Y        | Fuka.y           |               |               |       |               |          |               |          |  |  |  |               |               |
| 13:30 ~ 14:30    | 14:30 ~ 15:30        |          | 13:30 ~ 14:30  | close         |                  | 13:30 ~ 14:30 | 13:30 ~ 14:30    |               |               |       |               |          |               |          |  |  |  |               |               |
| Release&Strength | Basic                |          | Shape up waist |               |                  | Waist         | Basic            |               |               |       |               |          |               |          |  |  |  |               |               |
| Fuka.y           | Fuka.y               |          | Kasumi.S       |               |                  | Yukina.K      | minami.T         |               |               |       |               |          |               |          |  |  |  |               |               |
| 15:00 ~ 16:00    | 16:30 ~ 17:30        |          | close          |               |                  | close         | close            | 15:00 ~ 16:00 |               |       |               |          |               |          |  |  |  |               |               |
| Hip&Leg          | Back&Arm             |          |                |               |                  |               |                  | jump to burn  |               |       |               |          |               |          |  |  |  |               |               |
| Fuka.y           | Yukina.K             |          |                |               |                  |               |                  | Fuka.y        |               |       |               |          |               |          |  |  |  |               |               |
|                  | close                |          |                |               |                  |               |                  | close         | close         | close |               |          |               |          |  |  |  |               |               |
|                  |                      |          |                |               |                  |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
|                  |                      |          |                |               |                  |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
| 17:30 ~ 18:30    |                      |          |                |               |                  |               |                  |               |               |       | 18:00 ~ 19:00 |          |               |          |  |  |  | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| Back&Arm         |                      |          |                | Basic         |                  |               |                  |               |               |       | Hip&Leg       | Back&Arm | jump to burn  | Waist    |  |  |  |               |               |
| Saki.Y           |                      |          |                | Yukina.K      |                  |               |                  |               |               |       | Fuka.y        | Saki.Y   | Fuka.y        | minami.T |  |  |  |               |               |
|                  |                      | close    |                | close         | close            |               |                  |               |               |       | close         | close    |               |          |  |  |  |               |               |
|                  |                      |          |                |               |                  |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
|                  |                      |          |                |               |                  |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
| 19:30 ~ 20:30    |                      |          |                |               |                  |               |                  |               |               |       |               |          | 19:30 ~ 20:30 |          |  |  |  |               |               |
| jump to burn     | Basic                |          | Waist          |               |                  | Back&Arm      |                  |               |               |       |               |          |               |          |  |  |  |               |               |
| Fuka.y           | Saki.Y               |          | Yukina.K       |               |                  | Saki.Y        |                  |               |               |       |               |          |               |          |  |  |  |               |               |
|                  | close                |          | close          |               |                  | close         | close            | close         |               |       |               |          |               |          |  |  |  |               |               |
|                  |                      |          |                |               |                  |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
|                  |                      |          |                |               |                  |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
| 21:00 ~ 22:00    |                      |          |                |               |                  |               |                  |               | 21:00 ~ 22:00 |       |               |          |               |          |  |  |  |               |               |
| Waist            |                      | Back&Arm |                | Basic         | Release&Strength |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |
| Yukina.K         |                      | Saki.Y   |                | Saki.Y        | Fuka.y           |               |                  |               |               |       |               |          |               |          |  |  |  |               |               |

2025/10/14      更新

| 11/09          | 11/10                | 11/11         | 11/12         | 11/13          | 11/14         | 11/15          | 11/16            |               |       |       |       |               |               |                |
|----------------|----------------------|---------------|---------------|----------------|---------------|----------------|------------------|---------------|-------|-------|-------|---------------|---------------|----------------|
| 日              | 月                    | 火             | 水             | 木              | 金             | 土              | 日                |               |       |       |       |               |               |                |
| 10:30 ~ 11:30  | 10:30 ~ 11:30        | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close          | 10:30 ~ 11:30 | 10:30 ~ 11:30  | 10:30 ~ 11:30    |               |       |       |       |               |               |                |
| Shape up waist | Back&Arm             | Basic         | jump to burn  |                | Back&Arm      | Basic          | Back&Arm         |               |       |       |       |               |               |                |
| Kasumi.S       | Yukina.K             | Saki.Y        | Fuka.y        |                | Saki.Y        | Yukina.K       | Saki.Y           |               |       |       |       |               |               |                |
| 12:30 ~ 13:30  | 12:30 ~ 13:30        | 12:00 ~ 13:00 | 12:30 ~ 13:30 |                | 12:00 ~ 13:00 | 12:00 ~ 13:00  | 12:30 ~ 13:30    |               |       |       |       |               |               |                |
| Basic          | Hip&Leg              | Back&Arm      | Waist         |                | Waist         | Hip&Leg        | Release&Strength |               |       |       |       |               |               |                |
| Saki.Y         | Kasumi.S             | Yukina.K      | Kasumi.S      |                | Yukina.K      | Kasumi.S       | Fuka.y           |               |       |       |       |               |               |                |
| 14:30 ~ 15:30  | close                | 13:30 ~ 14:30 | close         |                | 13:30 ~ 14:30 | 13:30 ~ 14:30  | 14:30 ~ 15:30    |               |       |       |       |               |               |                |
| Back&Arm       |                      | Waist         |               |                | Basic         | Back&Arm       | Basic            |               |       |       |       |               |               |                |
| Saki.Y         |                      | Yukina.K      |               |                | Saki.Y        | Yukina.K       | Saki.Y           |               |       |       |       |               |               |                |
| 16:30 ~ 17:30  |                      | close         |               |                | close         | close          | 15:00 ~ 16:00    | 16:30 ~ 17:30 |       |       |       |               |               |                |
| Waist          |                      |               |               |                |               |                | Basic            | jump to burn  |       |       |       |               |               |                |
| Kasumi.S       |                      |               |               |                |               |                | Yukina.K         | Fuka.y        |       |       |       |               |               |                |
| close          |                      |               |               |                |               |                | close            | close         | close | close | close |               |               |                |
|                |                      | 18:00 ~ 19:00 |               |                | 18:00 ~ 19:00 | 18:00 ~ 19:00  |                  |               |       |       |       | 18:00 ~ 19:00 | 17:30 ~ 18:30 |                |
|                |                      | Basic         |               |                | Back&Arm      | Shape up waist |                  |               |       |       |       | Waist         | Basic         | Shape up waist |
|                |                      | Saki.Y        |               |                | Saki.Y        | Kasumi.S       |                  |               |       |       |       | Kasumi.S      | Yukina.K      | Kasumi.S       |
|                | 19:30 ~ 20:30        | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30 |                |                  |               |       |       |       |               |               |                |
|                | Waist                | Basic         | Back&Arm      | Basic          | Hip&Leg       |                |                  |               |       |       |       |               |               |                |
|                | Kasumi.S             | Fuka.y        | Yukina.K      | Saki.Y         | Kasumi.S      |                |                  |               |       |       |       |               |               |                |
|                | 21:00 ~ 22:00        | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00  |                  |               |       |       |       |               |               |                |
| Back&Arm       | Stretch&Conditioning | Waist         | Hip&Leg       | Shape up waist |               |                |                  |               |       |       |       |               |               |                |
|                | Saki.Y               | Fuka.y        | Yukina.K      | Kasumi.S       | Kasumi.S      |                |                  |               |       |       |       |               |               |                |

・体験可能レッスン  
・クラスの種類およびインストラクターは予告なしに変更となる場合がございます。詳細は WEBサイトをご確認ください。  
・ご予約されたレッスンをキャンセルされる場合は、1週間前までにお願しております。  
・レッスン開始時刻1時間前を切つてのキャンセルは時間外キャンセルとなります。  
※時間外キャンセルが1ヶ月2回以上で、翌月の予約可能回数が1回に制限されます。

| 11/17         | 11/18                | 11/19 | 11/20 | 11/21            | 11/22         | 11/23         | 11/24 |               |                |
|---------------|----------------------|-------|-------|------------------|---------------|---------------|-------|---------------|----------------|
| 月             | 火                    | 水     | 木     | 金                | 土             | 日             | 月     |               |                |
| close         | 10:30 ~ 11:30        | close | close | 10:30 ~ 11:30    | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close |               |                |
|               | Waist                |       |       | Release&Strength | jump to burn  | Hip&Leg       |       |               |                |
|               | Yukina,K             |       |       | Fuka,y           | Fuka,y        | Kasumi,S      |       |               |                |
|               | 12:00 ~ 13:00        |       |       | 12:00 ~ 13:00    | 12:00 ~ 13:00 | 12:30 ~ 13:30 |       |               |                |
|               | Basic                |       |       | Basic            | Waist         | Back&Arm      |       |               |                |
|               | Saki,Y               |       |       | Saki,Y           | Yukina,K      | Yukina,K      |       |               |                |
|               | 13:30 ~ 14:30        |       |       | 13:30 ~ 14:30    | 13:30 ~ 14:30 | 14:30 ~ 15:30 |       |               |                |
|               | Back&Arm             |       |       | Back&Arm         | Basic         | jump to burn  |       |               |                |
|               | Saki,Y               |       |       | Saki,Y           | Yukina,K      | Yukina,K      |       |               |                |
|               | close                |       |       | close            | close         | close         |       | 15:00 ~ 16:00 | 16:30 ~ 17:30  |
|               |                      |       |       |                  |               |               |       | Hip&Leg       | Shape up waist |
|               |                      |       |       |                  |               |               |       | Fuka,y        | Kasumi,S       |
|               |                      |       |       |                  |               |               |       | close         | close          |
|               | 18:00 ~ 19:00        |       |       | 17:30 ~ 18:30    |               |               |       |               |                |
|               | Stretch&Conditioning |       |       | Release&Strength |               |               |       |               |                |
| Fuka,y        | Fuka,y               |       |       |                  |               |               |       |               |                |
| 19:30 ~ 20:30 |                      |       |       |                  |               |               |       |               |                |
| jump to burn  |                      |       |       |                  |               |               |       |               |                |
| Fuka,y        |                      |       |       |                  |               |               |       |               |                |
| 21:00 ~ 22:00 |                      |       |       |                  |               |               |       |               |                |
| Basic         | Waist                |       |       |                  |               |               |       |               |                |
| Yukina,K      | minami,T             |       |       |                  |               |               |       |               |                |

| 11/25                | 11/26            | 11/27         | 11/28                | 11/29         | 11/30          |               |
|----------------------|------------------|---------------|----------------------|---------------|----------------|---------------|
| 火                    | 水                | 木             | 金                    | 土             | 日              |               |
| 10:30 ~ 11:30        | 10:30 ~ 11:30    | close         | 10:30 ~ 11:30        | 10:30 ~ 11:30 | 10:30 ~ 11:30  |               |
| Stretch&Conditioning | Basic            |               | Waist                | Basic         | Shape up waist |               |
| Fuka,y               | Yukina,K         |               | YURIE,H              | Saki,Y        | Kasumi,S       |               |
| 12:00 ~ 13:00        | 12:30 ~ 13:30    |               | 12:00 ~ 13:00        | 12:00 ~ 13:00 | 12:30 ~ 13:30  |               |
| jump to burn         | Back&Arm         |               | Stretch&Conditioning | jump to burn  | Hip&Leg        |               |
| Fuka,y               | Saki,Y           |               | YURIE,H              | Yukina,K      | Kasumi,S       |               |
| 13:30 ~ 14:30        | close            |               | 13:30 ~ 14:30        | 13:30 ~ 14:30 | 14:30 ~ 15:30  |               |
| Basic                |                  |               | Basic                | Back&Arm      | Basic          |               |
| Yukina,K             |                  |               | Saki,Y               | Saki,Y        | Saki,Y         |               |
| close                |                  |               | close                | close         | 15:00 ~ 16:00  | 16:30 ~ 17:30 |
|                      |                  |               |                      |               | Waist          | jump to burn  |
|                      |                  |               |                      |               | Yukina,K       | Yukina,K      |
|                      |                  |               |                      | close         |                |               |
| 18:00 ~ 19:00        | 18:00 ~ 19:00    | 18:00 ~ 19:00 | 18:00 ~ 19:00        |               | 17:30 ~ 18:30  |               |
| Basic                | Hip&Leg          | jump to burn  | Shape up waist       |               | Basic          |               |
| Saki,Y               | Kasumi,S         | Yukina,K      | Kasumi,S             |               | Yukina,K       |               |
| 19:30 ~ 20:30        | 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30        |               |                |               |
| Waist                | Shape up waist   | Back&Arm      | Hip&Leg              |               |                |               |
| Yukina,K             | Kasumi,S         | Saki,Y        | Kasumi,S             |               |                |               |
| 21:00 ~ 22:00        | 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00        |               |                |               |
| jump to burn         | Release&Strength | Basic         | Back&Arm             |               |                |               |
| Yukina,K             | Fuka,y           | Saki,Y        | Saki,Y               |               |                |               |

・休職可能レッスン  
・クラスの曜別およびインストラクターは予告なしに変更となる場合がございます。詳細はWEBサイトをご確認ください。  
・ご予約されたレッスンをキャンセルされる場合は、1週間前迄にお願ひしております。  
・レッスン開始時刻1時間前迄のキャンセルとなります。  
※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。