

【 01/01 ~ 01/08 】 スケジュール								2025/12/14	更新
01/01	01/02	01/03	01/04	01/05	01/06	01/07	01/08		
木	金	土	日	月	火	水	木		
		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30		
		Basic	Waist		jump to burn	Basic	Basic		
		Akane.K	Akane.K		Kanami.O	Akane.K	Akane.K		
		12:00 ~ 13:00	12:30 ~ 13:30					12:00 ~ 13:00	12:30 ~ 13:30
		jump to burn	Basic					Hip & Leg	Back & Arm
		Kanami.O	Kanami.O					Akane.K	Yuka.N
		13:30 ~ 14:30	14:30 ~ 15:30					13:30 ~ 14:30	
		Waist	Stretch & Conditioning					Basic	
		Akane.K	Akane.K					Kanami.O	
		15:00 ~ 16:00	16:30 ~ 17:30						
		Basic	Back & Arm						
		Kanami.O	Kanami.O						
close	close	close		close	close	close	close		close
		17:30 ~ 18:30	Back & Arm					18:00 ~ 19:00	18:00 ~ 19:00
		Kanami.O						Waist	Hip & Leg
				close	close	close	close	Nanako.K	Basic
								Sachi	Akane.K
								19:30 ~ 20:30	19:30 ~ 20:30
								Body Balance	Basic
								Sachi	Waist
								Kanami.O	Nanako.K
								21:00 ~ 22:00	21:00 ~ 22:00
								Basic	Pilates Workout
								Nanako.K	Hip & Leg
								Sachi	Akane.K

【 01/09 ~ 01/16 】 スケジュール								01/15	01/16
01/09	01/10	01/11	01/12	01/13	01/14	01/15	01/16		
金	土	日	月	火	水	木	金		
10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30		
Basic	Waist	Hip & Leg		Basic	Body Balance				
Kanami.O	Nanako.K	Akane.K		Akane.K	Sachi				
12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00		
jump to burn	Basic	Waist		Back & Arm	Basic				
Kanami.O	Akane.K	Yukina.K		Kanami.O	Akane.K				
13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30					
Body Balance	Stretch & Conditioning	Basic		Hip & Leg					
Sachi	Nanako.K	Akane.K		Akane.K					
15:00 ~ 16:00	16:30 ~ 17:30								
Hip & Leg	Waist								
Akane.K	Nanako.K								
close	close		close	close	close	close	close		
	17:30 ~ 18:30	Waist							
	Akane.K								
18:00 ~ 19:00			close	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00		
Waist				Stretch & Conditioning	Waist	Back & Arm	Basic		
Nanako.K				Nanako.K	Nanako.K	Kanami.O	Kanami.O		
19:30 ~ 20:30			close	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30		
Pilates Cardio				Basic	Hip & Leg	Basic	Hip & Leg		
Sachi				Kanami.O	Akane.K	Akane.K	Honoka.T		
21:00 ~ 22:00				21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00		
Basic				Waist	Basic	jump to burn	Back & Arm		
Nanako.K				Nanako.K	Nanako.K	Kanami.O	Kanami.O		

⌚ : 体験可能なレッスン
 ・クラスの種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時間前迄にお願いしております。
 ・レッスン開始時刻1時間前を切っ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。

【 01/17 ~ 01/24 】 スケジュール								2025/12/14	更新
01/17	01/18	01/19	01/20	01/21	01/22	01/23	01/24		
土	日	月	火	水	木	金	土		
10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		
Basic	Body Balance		Waist	Basic		Basic	Back & Arm		
Nanako.K	Sachi		Nanako.K	Nanako.K		Nanako.K	Mai.N		
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00		12:00 ~ 13:00	12:00 ~ 13:00		
Hip & Leg	Basic		Basic	Hip & Leg		Release&Strength	Basic		
Sachi	Nanako.K		Nanako.K	Akane.K		Akane.K	Nanako.K		
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30		13:30 ~ 14:30	13:30 ~ 14:30		
Waist	Pilates Cardio		Stretch & Conditioning	Waist		Waist	Body Balance		
Nanako.K	Sachi		Akane.K	Nanako.K		Nanako.K	Mai.N		
15:00 ~ 16:00	16:30 ~ 17:30		15:00 ~ 16:00	15:00 ~ 16:00		15:00 ~ 16:00	15:00 ~ 16:00		
Body Balance	Waist		Pilates Workout	Basic		Basic	Stretch & Conditioning		
Sachi	Nanako.K		Sachi	Akane.K		Akane.K	Nanako.K		
close		close	Basic	Waist		close	close		
17:30 ~ 18:30			Akane.K	Nanako.K		17:30 ~ 18:30			
Basic			18:00 ~ 19:00			Waist			
Nanako.K			Mai.N			Nanako.K			
close		close	18:00 ~ 19:00			close	close		
18:00 ~ 19:00			jump to burn			18:00 ~ 19:00			
Basic			Kanami.O			Basic			
Nanako.K			Akane.K			Back & Arm	Body Balance		
19:30 ~ 20:30			21:00 ~ 22:00			21:00 ~ 22:00			
jump to burn			Back & Arm			Back & Arm			
Kanami.O			Sachi			Sachi			
close		close	19:30 ~ 20:30			close	close		
19:30 ~ 20:30			13:30 ~ 14:30			13:30 ~ 14:30			
jump to burn			Body Balance			Body Balance			
Kanami.O			Back & Arm			Back & Arm			
close		close	Sachi			Sachi			
13:30 ~ 14:30			Kanami.O			Kanami.O			
Body Balance			15:00 ~ 16:00			15:00 ~ 16:00			
Back & Arm			Pilates Cardio			Pilates Cardio			
Sachi			Sachi			Sachi			
close		close	16:30 ~ 17:30			close	close		
16:30 ~ 17:30			Hip & Leg			Hip & Leg			
Back & Arm			Basic			Basic			
Sachi			Waist			Waist			
close		close	10:30 ~ 11:30			close	close		
10:30 ~ 11:30			Basic			10:30 ~ 11:30			
Waist			Nanako.K			Waist			
Nanako.K			Risa.F			Nanako.K			
close		close	12:00 ~ 13:00			close	close		
12:00 ~ 13:00			Hip & Leg			12:00 ~ 13:00			
Pilates Cardio			Body Balance			Back & Arm	Stretch & Conditioning		
Sachi			Akane.K			Kanami.O	Sachi		
close		close	13:30 ~ 14:30			close	close		
14:30 ~ 15:30			Waist			13:30 ~ 14:30			
Basic			Nanako.K			Body Balance	Back & Arm		
Nanako.K			close			Sachi	Kanami.O		
close		close	15:00 ~ 16:00			close	close		
15:00 ~ 16:00			Pilates Cardio			15:00 ~ 16:00			
Sachi			Sachi			Sachi			
close		close	17:30 ~ 18:30			close	close		
17:30 ~ 18:30			jump to burn			17:30 ~ 18:30			
Kanami.O			Kanami.O			jump to burn			
close		close	18:00 ~ 19:00			close	close		
18:00 ~ 19:00			Body Balance			18:00 ~ 19:00			
Basic			Basic			Basic			
Nanako.K			Back & Arm			Back & Arm			
Sachi			Waist			Waist			
close		close	19:30 ~ 20:30			close	close		
19:30 ~ 20:30			Hip & Leg			19:30 ~ 20:30			
Pilates Cardio			Body Balance			Basic			
Akane.K			Back & Arm			Back & Arm			
Sachi			Waist			Waist			
close		close	21:00 ~ 22:00			close	close		
21:00 ~ 22:00			Back & Arm			19:30 ~ 20:30			
Hip & Leg			Pilates Cardio			Pilates Cardio			
Akane.K			Release&Strength			Release&Strength			
Sachi			Basic			Basic			
close		close	22:00 ~ 23:00			close	close		
22:00 ~ 23:00			Back & Arm			Back & Arm			
Basic			Body Balance			Body Balance			
Sachi			Waist			Waist			
close		close	23:00 ~ 24:00			close	close		
23:00 ~ 24:00			Back & Arm			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	24:00 ~ 25:00			close	close		
24:00 ~ 25:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	25:00 ~ 26:00			close	close		
25:00 ~ 26:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	26:00 ~ 27:00			close	close		
26:00 ~ 27:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	27:00 ~ 28:00			close	close		
27:00 ~ 28:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	28:00 ~ 29:00			close	close		
28:00 ~ 29:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	29:00 ~ 30:00			close	close		
29:00 ~ 30:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	30:00 ~ 31:00			close	close		
30:00 ~ 31:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	31:00 ~ 32:00			close	close		
31:00 ~ 32:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	32:00 ~ 33:00			close	close		
32:00 ~ 33:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	33:00 ~ 34:00			close	close		
33:00 ~ 34:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	34:00 ~ 35:00			close	close		
34:00 ~ 35:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	35:00 ~ 36:00			close	close		
35:00 ~ 36:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	36:00 ~ 37:00			close	close		
36:00 ~ 37:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	37:00 ~ 38:00			close	close		
37:00 ~ 38:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	38:00 ~ 39:00			close	close		
38:00 ~ 39:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	39:00 ~ 40:00			close	close		
39:00 ~ 40:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	40:00 ~ 41:00			close	close		
40:00 ~ 41:00			Back & Arm			19:30 ~ 20:30			
Basic			Body Balance			Body Balance			
Nanako.K			Waist			Waist			
Sachi			Back & Arm			Back & Arm			
close		close	41:00 ~ 42:00			close	close		
41:00 ~ 42:00			Basic			19:30 ~ 20:30			
Basic			Release&Strength			Release&Strength			
Nanako.K			Basic			Basic			
Sachi			Waist			Waist			
close		close	4						