

## スケジュール

2025/12/24 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	
close	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30	close	
		Pre Basic 🌟	Waist 🌟		Waist 🌟	Basic 🌟		
		Hiroyo.M	Sana.H		Sana.H	Sana.H		
		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		
		Hip & Leg 🌟	Back & Arm 🌟		Stretch & Conditioning 🌟	Pilates Workout		
		nana.f	nana.f		Hiroyo.M	Hiroyo.M		
		13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	close		
		Pilates Workout	Basic 🌟		Basic 🌟			
		Hiroyo.M	Sana.H		Sana.H			
		15:00 ~ 16:00	16:30 ~ 17:30		close			close
		Back & Arm 🌟	Hip & Leg 🌟					
		nana.f	nana.f					
close	close							
17:30 ~ 18:30								
Stretch & Conditioning 🌟								
nana.f								
close								
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00						
Basic 🌟	Back & Arm 🌟	Body Balance						
Erina.K	nana.f	Erina.K						
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30						
Waist 🌟	Basic 🌟	Hip & Leg 🌟						
Sana.H	Erina.K	Erina.K						
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00						
Body Balance	Waist 🌟	Pre Basic 🌟						
Erina.K	nana.f	Hiroyo.M						

## スケジュール

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	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	
Waist 🏊	Hip & Leg 🏊	Pre Basic 🏊		Pilates Workout	Back & Arm 🏊		Basic 🏊	
Sana.H	nana.f	Hiroyo.M		Hiroyo.M	Hiroyo.M		Erina.K	
12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	
Body Balance	Pre Basic 🏊	Hip & Leg 🏊		Pre Basic 🏊	Waist 🏊		Waist 🏊	
Erina.K	Hiroyo.M	nana.f		Hiroyo.M	nana.f		nana.f	
13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	
Basic 🏊	Back & Arm 🏊	Waist 🏊		Stretch & Conditioning 🏊			Hip & Leg 🏊	
Sana.H	nana.f	Hiroyo.M		nana.f			nana.f	
close	15:00 ~ 16:00	16:30 ~ 17:30		close			close	
	Stretch & Conditioning 🏊	Back & Arm 🏊						
	nana.f	nana.f						
	close							
18:00 ~ 19:00	17:30 ~ 18:30	close		18:00 ~ 19:00	18:00 ~ 19:00		18:00 ~ 19:00	
Basic 🏊	Pilates Workout			Waist 🏊	Basic 🏊		Back & Arm 🏊	Waist 🏊
Erina.K	Hiroyo.M			Sana.H	Sana.H		Erina.K	Sana.H
19:30 ~ 20:30	close		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30		
Stretch & Conditioning 🏊			Basic 🏊	Waist 🏊	Basic 🏊	Hip & Leg 🏊		
nana.f			Sana.H	Sana.H	Erina.K	Erina.K		
21:00 ~ 22:00		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
Hip & Leg 🏊	Back & Arm 🏊	Hip & Leg 🏊	Stretch & Conditioning 🏊	Basic 🏊				
nana.f	Erina.K	nana.f	nana.f	Sana.H				

※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。

## 2025/12/24 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	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30					
Body Balance	Waist		Basic	Waist		Hip & Leg	Stretch & Conditioning					
Erina.K	Sana.H		Sana.H	nana.f		nana.f	Hiroyo.M					
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	Pre Basic		Waist	Hip & Leg		Back & Arm	Basic					
Erina.K	Hiroyo.M		Sana.H	nana.f		Erina.K	Sana.H					
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30		13:30 ~ 14:30	13:30 ~ 14:30					
Basic	Pilates Workout		Hip & Leg	Pre Basic		Body Balance	Pilates Workout					
Sana.H	Hiroyo.M		Hiroyo.M	Hiroyo.M		Erina.K	Hiroyo.M					
15:00 ~ 16:00	16:30 ~ 17:30		15:00 ~ 16:00	15:00 ~ 16:00		close	close	15:00 ~ 16:00				
Waist	Basic	Stretch & Conditioning	Back & Arm	Basic								
Sana.H	Sana.H	nana.f	nana.f	Sana.H								
close	close	close	close	close	close							
								17:30 ~ 18:30				
								Back & Arm				
Erina.K		nana.f	Hiroyo.M	Erina.K	Sana.H			Sana.H				
close	close	close	close	close	close			close				
									18:00 ~ 19:00	18:00 ~ 19:00	19:30 ~ 20:30	19:30 ~ 20:30
									Pilates Workout	Back & Arm	Hip & Leg	Waist
						Hiroyo.M	Hiroyo.M		Erina.K	Sana.H		
		close	close	21:00 ~ 22:00	21:00 ~ 22:00							
				Waist	Back & Arm							
				nana.f	Hiroyo.M							

01/25	01/26	01/27	01/28	01/29	01/30	01/31				
日	月	火	水	木	金	土				
10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30				
Pre Basic 🇯🇵		Back & Arm 🇯🇵	Pilates Workout		Waist 🇯🇵	Basic 🇯🇵				
Hiroyo.M		Hiroyo.M	Hiroyo.M		Sana.H	Sana.H				
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00				
Waist 🇯🇵		Hip & Leg 🇯🇵	Basic 🇯🇵		Basic 🇯🇵	Hip & Leg 🇯🇵				
Sana.H		Hiroyo.M	Sana.H		Sana.H	nana.f				
14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30				
Basic 🇯🇵		Basic 🇯🇵			Hip & Leg 🇯🇵	Back & Arm 🇯🇵				
Sana.H		Sana.H			nana.f	Erina.K				
16:30 ~ 17:30		close			close	close	15:00 ~ 16:00			
Back & Arm 🇯🇵							Hip & Leg 🇯🇵			
Hiroyo.M			nana.f							
close			close				close	close	close	
										18:00 ~ 19:00
		Basic 🇯🇵			Hip & Leg 🇯🇵	Basic 🇯🇵				Back & Arm 🇯🇵
	Sana.H	Erina.K		Erina.K	nana.f	Erina.K				
	19:30 ~ 20:30	19:30 ~ 20:30		19:30 ~ 20:30	19:30 ~ 20:30	close				
Hip & Leg 🇯🇵	Basic 🇯🇵	Hip & Leg 🇯🇵	Pre Basic 🇯🇵							
Erina.K	Erina.K	nana.f	Hiroyo.M							
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	close					
Waist 🇯🇵	Stretch & Conditioning 🇯🇵	Body Balance	Pilates Workout							
	Erina.K	Hiroyo.M	Erina.K	Hiroyo.M						

※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