

| 04/01                                   | 04/02 | 04/03                                   | 04/04                                       | 04/05  | 04/06 | 04/07                                   | 04/08                                      |   |
|---|-------|---|---|--|-------|---|--|---|
| 水                                       | 木     | 金                                       | 土   | 日  | 月     | 火                                       | 水  |   |
| 10:30 ~ 11:30<br>Back & Arm<br>Sachi    | close | 10:30 ~ 11:30<br>Basic<br>Yuka.N        | 10:30 ~ 11:30<br>Shape up waist<br>Honoka.T | 10:30 ~ 11:30<br>jump to burn<br>Yuka.N          | close | 10:30 ~ 11:30<br>Waist<br>Rio.s         | 10:30 ~ 11:30<br>Basic<br>Yuka.N           |   |
| 12:00 ~ 13:00<br>Pre Basic<br>Sachi     |       | 12:00 ~ 13:00<br>Body Balance<br>Yuka.N | 12:00 ~ 13:00<br>Waist<br>Rio.s             | 12:00 ~ 13:00<br>Pre Basic<br>Sachi              |       | 12:00 ~ 13:00<br>jump to burn<br>Yuka.N | 12:30 ~ 13:30<br>Waist<br>Shuri.M          |   |
| close                                   |       | 13:30 ~ 14:30<br>Waist<br>Shuri.M       | 13:30 ~ 14:30<br>Pre Basic<br>Honoka.T      | 14:30 ~ 15:30<br>Back & Arm<br>Yuka.N            |       | close                                   | 13:30 ~ 14:30<br>Basic<br>Yuka.N           | close                                   |
|   |       | close                                   | 15:00 ~ 16:00<br>Pilates Barre<br>Honoka.T  | 16:30 ~ 17:30<br>Stretch & Conditioning<br>Sachi |       |   |  |   |
|   |       |   | 17:30 ~ 18:30<br>Waist<br>Rio.s             |  |       |   |  |   |
| 18:00 ~ 19:00<br>jump to burn<br>Yuka.N |       | 18:00 ~ 19:00<br>Waist<br>Rio.s         | 18:00 ~ 19:00<br>Pre Basic<br>Sachi         | close  |       | close                                   | 18:00 ~ 19:00<br>Pilates Barre<br>Honoka.T | 18:00 ~ 19:00<br>Waist<br>Rio.s         |
| 19:30 ~ 20:30<br>Waist<br>Rio.s         |       | 19:30 ~ 20:30<br>Basic<br>Yuka.N        | 19:30 ~ 20:30<br>Waist<br>Rio.s             |  |       |   | 19:30 ~ 20:30<br>Body Balance<br>Honoka.T  | 19:30 ~ 20:30<br>Basic<br>Yuka.N        |
| 21:00 ~ 22:00<br>Basic<br>Yuka.N        |       | 21:00 ~ 22:00<br>Back & Arm<br>Yuka.N   | 21:00 ~ 22:00<br>Hip & Leg<br>Sachi         |  |       |   | 21:00 ~ 22:00<br>Waist<br>Shuri.M          | 21:00 ~ 22:00<br>jump to burn<br>Yuka.N |

| 04/09 | 04/10                                      | 04/11  | 04/12  | 04/13 | 04/14                             | 04/15                                   | 04/16 |  |       |
|-------|--|--|--|-------|-----------------------------------|---|-------|--|-------|
| 木     | 金  | 土  | 日  | 月     | 火                                 | 水                                       | 木     |  |       |
| close | 10:30 ~ 11:30<br>Pilates Barre<br>Honoka.T | 10:30 ~ 11:30<br>Waist<br>Rio.s                  | 10:30 ~ 11:30<br>Stretch & Conditioning<br>Sachi | close | 10:30 ~ 11:30<br>Basic<br>未確定     | 10:30 ~ 11:30<br>Hip & Leg<br>未確定       | close |  |       |
|       | 12:00 ~ 13:00<br>Waist<br>Rio.s            | 12:00 ~ 13:00<br>Basic<br>Yuka.N                 | 12:30 ~ 13:30<br>Waist<br>Rio.s                  |       | 12:00 ~ 13:00<br>Waist<br>Shuri.M | 12:00 ~ 13:00<br>Basic<br>未確定           |       |  |       |
|       | 13:30 ~ 14:30<br>Hip & Leg<br>Honoka.T     | 13:30 ~ 14:30<br>Waist<br>Rio.s                  | 14:30 ~ 15:30<br>Basic<br>Sachi                  |       | 13:30 ~ 14:30<br>Basic<br>Rio.s   | 13:30 ~ 14:30<br>Back & Arm<br>Honoka.T |       |  |       |
|       | close                                      | 15:00 ~ 16:00<br>Body Balance<br>Yuka.N          | 16:30 ~ 17:30<br>Waist<br>Rio.s                  |       | close                             | 15:00 ~ 16:00<br>Hip & Leg<br>未確定       |       | 15:00 ~ 16:00<br>Waist<br>Rio.s            |       |
|       |  | close  | 17:30 ~ 18:30<br>Back & Arm<br>Yuka.N            |       |                                   | 17:30 ~ 18:30<br>Waist<br>Shuri.M       |       | 17:30 ~ 18:30<br>Pilates Barre<br>Honoka.T |       |
|       | 18:00 ~ 19:00<br>Basic<br>Yuka.N           |  | 18:00 ~ 19:00<br>Shape up waist<br>Sachi         |       | close                             | close                                   |       | close                                      | close |
|       | 19:30 ~ 20:30<br>Waist<br>Shuri.M          | 19:30 ~ 20:30<br>Stretch & Conditioning<br>Sachi | 19:30 ~ 20:30<br>Back & Arm<br>Sachi             |       |                                   |   |       |  |       |
|       | 21:00 ~ 22:00<br>Body Balance<br>Yuka.N    | 21:00 ~ 22:00<br>Waist<br>Shuri.M                | 21:00 ~ 22:00<br>Waist<br>Yuka.N                 |       |                                   |   |       |  |       |

🟢：体験可能レッスン  
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 ・ご予約されたレッスンをキャンセルされる場合は、1週間前迄にお願いしております。  
 ・レッスン開始時刻1時間前を切った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。

| 04/17         | 04/18                  | 04/19         | 04/20     | 04/21         | 04/22         | 04/23 | 04/24         |       |       |       |       |       |               |                |                        |               |               |
|---------------|------------------------|---------------|-----------|---------------|---------------|-------|---------------|-------|-------|-------|-------|-------|---------------|----------------|------------------------|---------------|---------------|
| 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              | Waist         |           | Waist         | jump to burn  |       | Basic         |       |       |       |       |       |               |                |                        |               |               |
| Shuri.M       | Kanami.O               | Shuri.M       |           | Rio.s         | Yuka.N        |       | Rio.s         |       |       |       |       |       |               |                |                        |               |               |
| 12:00 ~ 13:00 | 12:00 ~ 13:00          | 12:30 ~ 13:30 |           | 12:00 ~ 13:00 | 12:30 ~ 13:30 |       | 12:00 ~ 13:00 |       |       |       |       |       |               |                |                        |               |               |
| Basic         | Waist                  | Basic         |           | Pilates Barre | Hip & Leg     |       | Waist         |       |       |       |       |       |               |                |                        |               |               |
| Yuka.N        | Rio.s                  | Rio.s         |           | Honoka.T      | Shuri.M       |       | Rio.s         |       |       |       |       |       |               |                |                        |               |               |
| 13:30 ~ 14:30 | 13:30 ~ 14:30          | 14:30 ~ 15:30 |           | 13:30 ~ 14:30 | close         |       | 13:30 ~ 14:30 |       |       |       |       |       |               |                |                        |               |               |
| Back & Arm    | Basic                  | Hip & Leg     |           | Basic         |               |       | Body Balance  |       |       |       |       |       |               |                |                        |               |               |
| Yuka.N        | Rio.s                  | Shuri.M       |           | Rio.s         |               |       | Yuka.N        |       |       |       |       |       |               |                |                        |               |               |
| close         | 15:00 ~ 16:00          | 16:30 ~ 17:30 |           | close         |               |       | close         | close |       |       |       |       |               |                |                        |               |               |
|               | jump to burn           | Basic         |           |               |               |       |               |       |       |       |       |       |               |                |                        |               |               |
|               | Kanami.O               | Rio.s         |           |               |               |       |               |       |       |       |       |       |               |                |                        |               |               |
| close         | 17:30 ~ 18:30          | close         |           |               |               |       |               |       | close | close | close |       |               |                |                        |               |               |
|               | Stretch & Conditioning |               |           |               |               |       |               |       |       |       |       |       |               |                |                        |               |               |
|               | Kanami.O               |               |           |               |               |       |               |       |       |       |       |       |               |                |                        |               |               |
| 18:00 ~ 19:00 | close                  |               |           |               |               |       |               |       |       |       |       | close | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00          | 18:00 ~ 19:00 |               |
| Waist         |                        |               | Hip & Leg |               |               | Basic |               |       |       |       |       |       | Back & Arm    | jump to burn   |                        |               |               |
| Rio.s         |                        |               | Shuri.M   |               |               | Rio.s |               |       |       |       |       |       | Yuka.N        | Yuka.N         |                        |               |               |
| 19:30 ~ 20:30 |                        |               | close     |               |               | close |               |       |       |       |       |       | 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30          | 19:30 ~ 20:30 |               |
| Hip & Leg     |                        |               |           |               |               |       |               |       |       |       |       |       | jump to burn  | Shape up waist | Body Balance           | Back & Arm    |               |
| Shuri.M       |                        |               |           |               |               |       |               |       |       |       |       |       | Yuka.N        | Sachi          | Yuka.N                 | Yuka.N        |               |
| 21:00 ~ 22:00 |                        |               |           |               |               |       |               |       |       |       |       |       | close         | close          | 21:00 ~ 22:00          | 21:00 ~ 22:00 | 21:00 ~ 22:00 |
| Basic         |                        |               |           |               | Back & Arm    |       |               |       |       |       |       |       |               |                | Stretch & Conditioning | Basic         | Hip & Leg     |
| Rio.s         |                        |               |           |               | Yuka.N        |       |               |       |       |       |       |       |               |                | Sachi                  | Rio.s         | Shuri.M       |

| 04/25         | 04/26          | 04/27 | 04/28          | 04/29         | 04/30 |               |       |       |       |                |                |               |               |
|---------------|----------------|-------|----------------|---------------|-------|---------------|-------|-------|-------|----------------|----------------|---------------|---------------|
| 土             | 日              | 月     | 火              | 水             | 木     |               |       |       |       |                |                |               |               |
| 10:30 ~ 11:30 | 10:30 ~ 11:30  | close | 10:30 ~ 11:30  | 10:30 ~ 11:30 | close |               |       |       |       |                |                |               |               |
| Back & Arm    | Pilates Barre  |       | Hip & Leg      | Waist         |       |               |       |       |       |                |                |               |               |
| Sachi         | Honoka.T       |       | Shuri.M        | Shuri.M       |       |               |       |       |       |                |                |               |               |
| 12:00 ~ 13:00 | 12:30 ~ 13:30  |       | 12:00 ~ 13:00  | 12:00 ~ 13:00 |       |               |       |       |       |                |                |               |               |
| Hip & Leg     | Waist          |       | Shape up waist | Basic         |       |               |       |       |       |                |                |               |               |
| Shuri.M       | Rio.s          |       | Sachi          | Yuka.N        |       |               |       |       |       |                |                |               |               |
| 13:30 ~ 14:30 | 14:30 ~ 15:30  |       | 13:30 ~ 14:30  | 13:30 ~ 14:30 |       |               |       |       |       |                |                |               |               |
| Pre Basic     | Basic          |       | Waist          | Hip & Leg     |       |               |       |       |       |                |                |               |               |
| Sachi         | Rio.s          |       | Shuri.M        | Shuri.M       |       |               |       |       |       |                |                |               |               |
| 15:00 ~ 16:00 | 16:30 ~ 17:30  |       | close          | close         |       | 15:00 ~ 16:00 | close |       |       |                |                |               |               |
| Waist         | Shape up waist |       |                |               |       | Back & Arm    |       |       |       |                |                |               |               |
| Shuri.M       | Honoka.T       |       |                |               |       | Yuka.N        |       |       |       |                |                |               |               |
| close         | close          |       |                |               |       | close         |       | close | close |                |                |               |               |
|               |                |       |                |               |       |               |       |       |       | 17:30 ~ 18:30  | 17:30 ~ 18:30  |               |               |
|               |                |       |                |               |       |               |       |       |       | Shape up waist | jump to burn   |               |               |
| Sachi         |                |       |                |               |       |               |       |       |       | Yuka.N         |                |               |               |
| close         |                | close |                |               | close |               |       |       |       | 18:00 ~ 19:00  | 18:00 ~ 19:00  |               |               |
|               |                |       |                |               |       |               |       |       |       | Body Balance   | Shape up waist |               |               |
|               |                |       |                |               |       |               |       |       |       | Yuka.N         | Sachi          |               |               |
|               |                |       |                |               |       |               |       |       |       | 19:30 ~ 20:30  | 19:30 ~ 20:30  |               |               |
|               |                |       |                |               |       |               |       |       |       | Pre Basic      | Hip & Leg      |               |               |
| Sachi         |                |       |                |               |       |               |       |       |       | Shuri.M        |                |               |               |
| 21:00 ~ 22:00 |                |       |                |               |       |               |       |       |       | close          | close          | 21:00 ~ 22:00 | 21:00 ~ 22:00 |
| jump to burn  |                |       |                |               |       |               |       |       |       |                |                | Body Balance  |               |
| Yuka.N        |                |       |                |               |       |               |       |       |       |                |                | Yuka.N        |               |

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