

| 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 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | |
| Waist | | jump to burn | Back & Arm | jump to burn | | Back & Arm | Pre Basic | |
| Mizuho.T | | Kanami.O | Kanami.O | Kanami.O | | Kanami.O | Honoka.T | |
| 12:00 ~ 13:00 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:00 ~ 13:00 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | |
| Hip & Leg | | Waist | Shape up waist | Waist | | Waist | Back & Arm | |
| Akane.K | | Mizuho.T | Sachi | Mizuho.T | | Mizuho.T | Honoka.T | |
| close | | 13:30 ~ 12:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | |
| | | Basic | jump to burn | Basic | | Basic | | |
| | | Kanami.O | Kanami.O | Kanami.O | | Kanami.O | | |
| | | close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | |
| | Pre Basic | | Waist | | | | | |
| | Sachi | | Mizuho.T | | | | | |
| | 17:30 ~ 18:30 | | Pilates Cardio | | | | | |
| | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | | 18:00 ~ 19:00 |
| | Back & Arm | jump to burn | Basic | close | Pre Basic | jump to burn | | |
| | Honoka.T | Kanami.O | Akane.K | | Sachi | Kanami.O | | |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | |
| Basic | Waist | Shape up waist | close | | Pilates Cardio | Waist | | |
| Akane.K | Mizuho.T | Honoka.T | | | Sachi | Mizuho.T | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | |
| Shape up waist | Basic | Release&Strength | | | Hip & Leg | Basic | | |
| Honoka.T | Kanami.O | Akane.K | | | Kanami.O | Kanami.O | | |

| 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 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close |
| | Hip & Leg | Basic | Waist | | Basic | Pilates Cardio | |
| | Kanami.O | Akane.K | Mizuho.T | | Mizuho.T | Sachi | |
| | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | |
| | Basic | Waist | Basic | | Body Balance | Basic | |
| | Kanami.O | Mizuho.T | Akane.K | | Honoka.T | Mizuho.T | |
| | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | |
| | Pilates Cardio | Release&Strength | Waist | | Hip & Leg | Shape up waist | |
| | Sachi | Akane.K | Mizuho.T | | Akane.K | Sachi | |
| | close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | 15:00 ~ 16:00 | |
| Hip & Leg | | Stretch & Conditioning | Back & Arm | Hip & Leg | | | |
| Akane.K | | Akane.K | Honoka.T | Akane.K | | | |
| 17:30 ~ 18:30 | | Waist | 17:30 ~ 18:30 | 17:30 ~ 18:30 | | | |
| Mizuho.T | Mizuho.T | Honoka.T | Sachi | | | | |
| 18:00 ~ 19:00 | 18:00 ~ 19:00 | close | 18:00 ~ 19:00 | close | close | 18:00 ~ 19:00 | |
| Shape up waist | Waist | | Hip & Leg | | | | |
| Honoka.T | Mizuho.T | | Akane.K | | | | |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | | 19:30 ~ 20:30 | | | | |
| Body Balance | Pre Basic | | Basic | | | | |
| Honoka.T | Honoka.T | | Mizuho.T | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | | 21:00 ~ 22:00 | | | | |
| Back & Arm | Waist | | Stretch & Conditioning | | | | |
| Kanami.O | Mizuho.T | | Akane.K | | | | |

🟢：体験可能レッスン
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 ・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 | | | | | | |
| Basic | Body Balance | Pre Basic | | Waist | Release&Strength | | Hip & Leg | | | | | | |
| Mizuho.T | Honoka.T | Honoka.T | | Mizuho.T | Akane.K | | Akane.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 | | | | | | |
| Stretch & Conditioning | Hip & Leg | Hip & Leg | | Pilates Cardio | Back & Arm | | Basic | | | | | | |
| Akane.K | Shuri.M | Akane.K | | Sachi | Kanami.O | | Mizuho.T | | | | | | |
| 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | | 13:30 ~ 14:30 | | | | | | |
| Waist | Shape up waist | Basic | | Basic | | | Release&Strength | | | | | | |
| Mizuho.T | Honoka.T | Akane.K | | Mizuho.T | | | Akane.K | | | | | | |
| close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | close | | close | close | close | | | | |
| | Back & Arm | Shape up waist | | | | | | | | | | | |
| | Honoka.T | Honoka.T | | | | | | | | | | | |
| 17:30 ~ 18:30 | | | | | | | | | | | | | |
| Waist | | | | | | | | | | | | | |
| Shuri.M | | | | | | | | | | | | | |
| 18:00 ~ 19:00 | close | close | | | | | | | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| Pre Basic | | | Pre Basic | | | Waist | | | | Basic | Waist | | |
| Sachi | | | Honoka.T | | | Mizuho.T | | | | Mizuho.T | Mizuho.T | | |
| 19:30 ~ 20:30 | | | | | | | | | | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | |
| Release&Strength | | | | | | | | | | Hip & Leg | Body Balance | Shape up waist | Basic |
| Akane.K | | | | | | | | | | Kanami.O | Honoka.T | Honoka.T | Kanami.O |
| 21:00 ~ 22:00 | | | 21:00 ~ 22:00 | | | 21:00 ~ 22:00 | | | | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | |
| Pilates Cardio | | | jump to burn | | | Pre Basic | | | | Back & Arm | Stretch & Conditioning | | |
| Sachi | | | Kanami.O | | | Honoka.T | | | | Honoka.T | Kanami.O | | |

| 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 | | | | | |
| jump to burn | Pilates Cardio | | jump to burn | Basic | | | | | | |
| Kanami.O | Sachi | | Kanami.O | Mizuho.T | | | | | | |
| 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | | | | | | |
| Stretch & Conditioning | Waist | | Basic | Hip & Leg | | | | | | |
| Akane.K | Mizuho.T | | Mizuho.T | Akane.K | | | | | | |
| 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | | | | | | |
| Back & Arm | Body Balance | | Waist | Basic | | | | | | |
| Kanami.O | Sachi | | Mizuho.T | Akane.K | | | | | | |
| 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | close | | 15:00 ~ 16:00 | close | | | |
| Hip & Leg | Basic | | | | | Waist | | | | |
| Akane.K | Mizuho.T | | | | | Mizuho.T | | | | |
| close | close | | | | | close | | close | | |
| | | | | | | | | | 17:30 ~ 18:30 | 17:30 ~ 18:30 |
| | | | | | | | | | Basic | Release&Strength |
| Akane.K | | | | | | Akane.K | | | | |
| close | close | close | | | close | 18:00 ~ 19:00 | | 18:00 ~ 19:00 | | |
| | | | | | | Release&Strength | | Back & Arm | | |
| | | | | | | Akane.K | | Kanami.O | | |
| | | | | | | 19:30 ~ 20:30 | | 19:30 ~ 20:30 | | |
| | | | | | | Back & Arm | | Body Balance | | |
| Kanami.O | Honoka.T | | | | | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | |
| Hip & Leg | | | | | jump to burn | | | | | |
| Akane.K | | | | | Kanami.O | Kanami.O | | | | |

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