

04/01 水	04/02 木	04/03 金	04/04 土	04/05 日	04/06 月	04/07 火	04/08 水			
10:30 ~ 11:00 Hip A Saki.i	close	10:30 ~ 11:00 Basic A MEGUMI.M	10:30 ~ 11:00 Hip A Saki.i	close	close	10:30 ~ 11:00 Basic B Saki.i	10:30 ~ 11:00 Hip B MAYUKI.H			
11:30 ~ 12:00 Waist A MAYUKI.H		11:30 ~ 12:00 Stretch A MAYUKI.H	11:30 ~ 12:00 Leg A MEGUMI.M			11:30 ~ 12:00 Jump A MEGUMI.M	11:30 ~ 12:00 Basic A Saki.i			
12:30 ~ 13:00 Basic A Saki.i		12:30 ~ 13:00 Hip B MEGUMI.M	12:30 ~ 13:00 Basic A Saki.i			12:30 ~ 13:00 Hip A Saki.i	12:30 ~ 13:00 Leg A MAYUKI.H			
13:30 ~ 14:00 Stretch A MAYUKI.H		13:30 ~ 14:00 Basic B MAYUKI.H	13:30 ~ 14:00 Waist A MEGUMI.M			13:30 ~ 14:00 Waist A MEGUMI.M	13:30 ~ 14:00 Basic B Saki.i			
close		close	close			14:30 ~ 15:00 Stretch A MEGUMI.M	close	close	close	close
						15:30 ~ 16:00 Basic B Saki.i				
						16:30 ~ 17:00 Jump A MEGUMI.M				
						17:30 ~ 18:00 Basic B Saki.i				
18:30 ~ 19:00 Hip B MEGUMI.M		18:30 ~ 19:00 Basic B Saki.i	18:30 ~ 19:00 Waist A MAYUKI.H			close	18:30 ~ 19:00 Basic A MEGUMI.M	18:30 ~ 19:00 Hip A Saki.i		
19:30 ~ 20:00 Basic A Saki.i		19:30 ~ 20:00 Jump A MEGUMI.M	19:30 ~ 20:00 Basic B Saki.i				19:30 ~ 20:00 Leg A MAYUKI.H	19:30 ~ 20:00 Jump A MAYUKI.H		
20:30 ~ 21:00 Waist A MEGUMI.M	20:30 ~ 21:00 Hip A Saki.i	20:30 ~ 21:00 Leg A MAYUKI.H	20:30 ~ 21:00 Stretch A MEGUMI.M	20:30 ~ 21:00 Basic B Saki.i						

04/09 木	04/10 金	04/11 土	04/12 日	04/13 月	04/14 火	04/15 水	04/16 木				
close	10:30 ~ 11:00 Hip A Saki.i	10:30 ~ 11:00 Waist A MEGUMI.M	close	close	10:30 ~ 11:00 Stretch A MAYUKI.H	10:30 ~ 11:00 Basic A Saki.i	close				
	11:30 ~ 12:00 Leg A MEGUMI.M	11:30 ~ 12:00 Basic A Saki.i			11:30 ~ 12:00 Basic A Saki.i	11:30 ~ 12:00 Leg A MAYUKI.H					
	12:30 ~ 13:00 Basic A Saki.i	12:30 ~ 13:00 Jump A MEGUMI.M			12:30 ~ 13:00 Waist A MAYUKI.H	12:30 ~ 13:00 Basic B Saki.i					
	13:30 ~ 14:00 Hip B MEGUMI.M	13:30 ~ 14:00 Basic B Saki.i			13:30 ~ 14:00 Basic B Saki.i	13:30 ~ 14:00 Hip A MAYUKI.H					
	close	close			close	14:30 ~ 15:00 Hip B MEGUMI.M		close	close	close	close
						15:30 ~ 16:00 Stretch A MEGUMI.M					
						16:30 ~ 17:00 Hip A Saki.i					
						17:30 ~ 18:00 Hip A MEGUMI.M					
	18:30 ~ 19:00 Waist A MAYUKI.H	18:30 ~ 19:00 Jump A MEGUMI.M			18:30 ~ 19:00 Basic B Saki.i	18:30 ~ 19:00 Hip B MEGUMI.M		18:30 ~ 19:00 Hip B MEGUMI.M	18:30 ~ 19:00 Hip B MEGUMI.M		
	19:30 ~ 20:00 Basic A MEGUMI.M	19:30 ~ 20:00 Stretch A MAYUKI.H			close	19:30 ~ 20:00 Hip A Saki.i		19:30 ~ 20:00 Basic A MEGUMI.M	19:30 ~ 20:00 Stretch A MAYUKI.H		
20:30 ~ 21:00 Leg A MAYUKI.H	20:30 ~ 21:00 Hip B MEGUMI.M	20:30 ~ 21:00 Leg A MEGUMI.M	20:30 ~ 21:00 Hip B MAYUKI.H	20:30 ~ 21:00 Basic B MEGUMI.M							

04/17 金	04/18 土	04/19 日	04/20 月	04/21 火	04/22 水	04/23 木	04/24 金
10:30 ~ 11:00 Waist A MEGUMI.M	10:30 ~ 11:00 Leg A MAYUKI.H			10:30 ~ 11:00 Hip A Saki.i	10:30 ~ 11:00 Stretch A MAYUKI.H		10:30 ~ 11:00 Leg A MEGUMI.M
11:30 ~ 12:00 Basic B MAYUKI.H	11:30 ~ 12:00 Hip A Saki.i			11:30 ~ 12:00 Waist A MAYUKI.H	11:30 ~ 12:00 Hip B MEGUMI.M		11:30 ~ 12:00 Basic A Saki.i
12:30 ~ 13:00 Jump A MEGUMI.M	12:30 ~ 13:00 Stretch A MAYUKI.H			12:30 ~ 13:00 Basic B Saki.i	12:30 ~ 13:00 Leg A MAYUKI.H		12:30 ~ 13:00 Stretch A MEGUMI.M
13:30 ~ 14:00 Leg A MAYUKI.H	13:30 ~ 14:00 Hip B MAYUKI.H			13:30 ~ 14:00 Jump A MAYUKI.H	13:30 ~ 14:00 Basic A MEGUMI.M		13:30 ~ 14:00 Basic B Saki.i
close	14:30 ~ 15:00 Basic A Saki.i	close	close	close	close	close	close
	15:30 ~ 16:00 Jump A MAYUKI.H						
	16:30 ~ 17:00 Basic B Saki.i						
17:30 ~ 18:00 Basic A Saki.i	close			17:30 ~ 18:00 Waist A Saki.i	17:30 ~ 18:00 Basic B Saki.i	17:30 ~ 18:00 Hip B MEGUMI.M	17:30 ~ 18:00 Jump A MAYUKI.H
18:30 ~ 19:00 Leg A MEGUMI.M				18:30 ~ 19:00 Stretch A MAYUKI.H	18:30 ~ 19:00 Hip A MEGUMI.M	18:30 ~ 19:00 Basic B Saki.i	18:30 ~ 19:00 Hip A Saki.i
19:30 ~ 20:00 Basic B Saki.i				19:30 ~ 20:00 Basic A Saki.i	19:30 ~ 20:00 Waist A Saki.i	19:30 ~ 20:00 Leg A MEGUMI.M	19:30 ~ 20:00 Waist A MAYUKI.H
20:30 ~ 21:00 Hip A MEGUMI.M				20:30 ~ 21:00 Hip B MAYUKI.H	20:30 ~ 21:00 Basic A MEGUMI.M	20:30 ~ 21:00 Waist A Saki.i	20:30 ~ 21:00 Basic B Saki.i

04/25 土	04/26 日	04/27 月	04/28 火	04/29 水	04/30 木
10:30 ~ 11:00 Basic A Saki.i			10:30 ~ 11:00 Basic B MEGUMI.M	10:30 ~ 11:00 Balance A MEGUMI.M	
11:30 ~ 12:00 Stretch A MAYUKI.H			11:30 ~ 12:00 Hip A MAYUKI.H	11:30 ~ 12:00 Waist A MAYUKI.H	
12:30 ~ 13:00 Hip A Saki.i			12:30 ~ 13:00 Balance A MEGUMI.M	12:30 ~ 13:00 Basic B MEGUMI.M	
13:30 ~ 14:00 Jump A MAYUKI.H			13:30 ~ 14:00 Basic A MAYUKI.H	13:30 ~ 14:00 Stretch A MAYUKI.H	
14:30 ~ 15:00 Basic B Saki.i			close	14:30 ~ 15:00 Jump A MEGUMI.M	close
15:30 ~ 16:00 Hip B MAYUKI.H	close	close	close	15:30 ~ 16:00 Basic A MAYUKI.H	
16:30 ~ 17:00 Waist A Saki.i				16:30 ~ 17:00 Leg A MEGUMI.M	
close				close	
			17:30 ~ 18:00 Leg A MEGUMI.M		17:30 ~ 18:00 Stretch A MAYUKI.H
			18:30 ~ 19:00 Hip B MAYUKI.H		18:30 ~ 19:00 Balance A MEGUMI.M
			19:30 ~ 20:00 Basic B MEGUMI.M		19:30 ~ 20:00 Basic A MAYUKI.H
			20:30 ~ 21:00 Jump A MAYUKI.H		20:30 ~ 21:00 Hip A Saki.i