

| 07/01 | 07/02 | 07/03 | 07/04 | 07/05 | 07/06 | 07/07 | 07/08 | | | | |
|--|--------------------------------------|--|---|--------------------------------------|-------|--|--|--------------------------------------|----------------------------------|--------------------------------------|-------|
| 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | | | | |
| 10:30 ~ 11:00 Basic B Saki.I | close | 10:30 ~ 11:00 Waist A NATSUMI.A | 10:30 ~ 11:00 Stretch A NATSUMI.A | close | close | 10:30 ~ 11:00 Basic A Saki.I | 10:30 ~ 11:00 Leg A MEGUMI.M | | | | |
| 11:30 ~ 12:00 Leg A MEGUMI.M | | 11:30 ~ 12:00 Hip B MEGUMI.M | 11:30 ~ 12:00 Basic B MEGUMI.M | | | 11:30 ~ 12:00 Waist A NATSUMI.A | 11:30 ~ 12:00 Hip A Saki.I | | | | |
| 12:30 ~ 13:00 Stretch A Saki.I | | 12:30 ~ 13:00 Basic A NATSUMI.A | 12:30 ~ 13:00 Waist A Saki.I | | | 12:30 ~ 13:00 Balance A Saki.I | 12:30 ~ 13:00 Balance A MEGUMI.M | | | | |
| 13:30 ~ 14:00 Jump A MEGUMI.M | | 13:30 ~ 14:00 Balance A MEGUMI.M | 13:30 ~ 14:00 Jump A NATSUMI.A | | | 13:30 ~ 14:00 Hip A NATSUMI.A | 13:30 ~ 14:00 Basic A Saki.I | | | | |
| 14:30 ~ 15:00 お試し見学会 MEGUMI.M | | close | 14:30 ~ 15:00 Balance A MEGUMI.M | | | 14:30 ~ 15:00 Balance A MEGUMI.M | close | close | close | close | |
| close | | | 15:30 ~ 16:00 Hip A Saki.I | | | 15:30 ~ 16:00 Hip A Saki.I | | | | | close |
| | | | 16:30 ~ 17:00 Basic A NATSUMI.A | | | 16:30 ~ 17:00 Basic A NATSUMI.A | | | | | |
| | | | 17:30 ~ 18:00 Hip A Saki.I | | | 17:30 ~ 18:00 Waist A MEGUMI.M | | | | | |
| 18:30 ~ 19:00 Balance A MEGUMI.M | | 18:30 ~ 19:00 Basic B Saki.I | 18:30 ~ 19:00 Jump A MEGUMI.M | | | close | 18:30 ~ 19:00 Hip B NATSUMI.A | 18:30 ~ 19:00 Basic B MEGUMI.M | 18:30 ~ 19:00 Hip B Saki.I | 18:30 ~ 19:00 Basic B MEGUMI.M | |
| 19:30 ~ 20:00 Waist A Saki.I | | 19:30 ~ 20:00 Hip B MEGUMI.M | 19:30 ~ 20:00 Basic A Saki.I | | | | 19:30 ~ 20:00 Stretch A Saki.I | 19:30 ~ 20:00 Leg A NATSUMI.A | | | |
| 20:30 ~ 21:00 Basic A MEGUMI.M | 20:30 ~ 21:00 Stretch A Saki.I | 20:30 ~ 21:00 Leg A MEGUMI.M | 20:30 ~ 21:00 Jump A NATSUMI.A | 20:30 ~ 21:00 Waist A MEGUMI.M | | | | | | | |
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| 07/09 | 07/10 | 07/11 | 07/12 | 07/13 | 07/14 | 07/15 | 07/16 | | | |
|---------------------------------------|--|--|---------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|-------|--------------------------------------|--------------------------------------|-------|
| 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | | | |
| close | 10:30 ~ 11:00 Balance A MEGUMI.M | 10:30 ~ 11:00 Hip B NATSUMI.A | close | close | 10:30 ~ 11:00 Hip A NATSUMI.A | 10:30 ~ 11:00 Waist A Saki.I | close | | | |
| | 11:30 ~ 12:00 Basic B Saki.I | 11:30 ~ 12:00 Jump A NATSUMI.A | | | 11:30 ~ 12:00 Basic B MEGUMI.M | 11:30 ~ 12:00 Hip B MEGUMI.M | | | | |
| | 12:30 ~ 13:00 Jump A MEGUMI.M | 12:30 ~ 13:00 Basic A Saki.I | | | 12:30 ~ 13:00 Leg A NATSUMI.A | 12:30 ~ 13:00 Basic A Saki.I | | | | |
| | 13:30 ~ 14:00 Stretch A Saki.I | 13:30 ~ 14:00 Hip A NATSUMI.A | | | 13:30 ~ 14:00 Waist A MEGUMI.M | 13:30 ~ 14:00 Back A MEGUMI.M | | | | |
| | close | close | | | 14:30 ~ 15:00 Basic B Saki.I | 14:30 ~ 15:00 お試し見学会 MEGUMI.M | | close | close | close |
| | | | | | 15:30 ~ 16:00 Waist A NATSUMI.A | close | | | | |
| | | | | | 16:30 ~ 17:00 Stretch A Saki.I | | | | | |
| | 16:30 ~ 17:00 お試し見学会 MEGUMI.M | | | | | | | | | |
| | 17:30 ~ 18:00 Balance A MEGUMI.M | 17:30 ~ 18:00 Basic A NATSUMI.A | | | close | 17:30 ~ 18:00 Hip B NATSUMI.A | | 17:30 ~ 18:00 Basic A Saki.I | 17:30 ~ 18:00 Jump A NATSUMI.A | |
| | 18:30 ~ 19:00 Hip A NATSUMI.A | 18:30 ~ 19:00 Waist A Saki.I | | | | 18:30 ~ 19:00 Waist A MEGUMI.M | | 18:30 ~ 19:00 Jump A NATSUMI.A | 18:30 ~ 19:00 Basic A MEGUMI.M | |
| 19:30 ~ 20:00 Jump A MEGUMI.M | 19:30 ~ 20:00 Basic B NATSUMI.A | 19:30 ~ 20:00 Basic A NATSUMI.A | 19:30 ~ 20:00 Stretch A Saki.I | 19:30 ~ 20:00 Leg A NATSUMI.A | | | | | | |
| 20:30 ~ 21:00 Basic A NATSUMI.A | 20:30 ~ 21:00 Hip A Saki.I | 20:30 ~ 21:00 Balance A MEGUMI.M | 20:30 ~ 21:00 Basic B NATSUMI.A | 20:30 ~ 21:00 Back A MEGUMI.M | | | | | | |
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| 07/17 | 07/18 | 07/19 | 07/20 | 07/21 | 07/22 | 07/23 | 07/24 | | | |
|--|--|-------|-------|---|--|-------|--|--|--|--------------------------------------|
| 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | | | |
| 10:30 ~ 11:00 Basic A Saki.I | 10:30 ~ 11:00 Waist A MEGUMI.M | close | close | 10:30 ~ 11:00 Waist A NATSUMI.A | 10:30 ~ 11:00 Balance A MEGUMI.M | close | 10:30 ~ 11:00 Basic B Saki.I | | | |
| 11:30 ~ 12:00 Jump A NATSUMI.A | 11:30 ~ 12:00 Basic B Saki.I | | | 11:30 ~ 12:00 Hip A Saki.I | 11:30 ~ 12:00 Basic B NATSUMI.A | | 11:30 ~ 12:00 Back A MEGUMI.M | | | |
| 12:30 ~ 13:00 Stretch A Saki.I | 12:30 ~ 13:00 Back A MEGUMI.M | | | 12:30 ~ 13:00 Stretch A NATSUMI.A | 12:30 ~ 13:00 Jump A MEGUMI.M | | 12:30 ~ 13:00 Basic A Saki.I | | | |
| 13:30 ~ 14:00 Basic B NATSUMI.A | 13:30 ~ 14:00 Leg A MEGUMI.M | | | 13:30 ~ 14:00 Basic A Saki.I | 13:30 ~ 14:00 Hip B NATSUMI.A | | 13:30 ~ 14:00 Leg A MEGUMI.M | | | |
| close | 14:30 ~ 15:00 Stretch A Saki.I | | | close | close | | close | close | close | close |
| | 15:30 ~ 16:00 Basic A Saki.I | | | | | | | | | |
| | 16:30 ~ 17:00 Balance A MEGUMI.M | | | | | | | | | |
| | 16:30 ~ 17:00 お話し見学会 MEGUMI.M | | | | | | | | | |
| 17:30 ~ 18:00 Waist A Saki.I | close | | | close | close | | 17:30 ~ 18:00 Back A MEGUMI.M | 17:30 ~ 18:00 Waist A Saki.I | 17:30 ~ 18:00 Stretch A Saki.I | 17:30 ~ 18:00 Basic B MEGUMI.M |
| 18:30 ~ 19:00 Balance A MEGUMI.M | | | | | | | 18:30 ~ 19:00 Leg A NATSUMI.A | 18:30 ~ 19:00 Stretch A MEGUMI.M | 18:30 ~ 19:00 Basic B MEGUMI.M | 18:30 ~ 19:00 Hip A Saki.I |
| 19:30 ~ 20:00 Hip A Saki.I | | | | | | | 19:30 ~ 20:00 Balance A MEGUMI.M | 19:30 ~ 20:00 Basic A Saki.I | 19:30 ~ 20:00 Hip A Saki.I | 19:30 ~ 20:00 Jump A MEGUMI.M |
| 20:30 ~ 21:00 Basic B MEGUMI.M | | | | | | | 20:30 ~ 21:00 Basic A NATSUMI.A | 20:30 ~ 21:00 Back A MEGUMI.M | 20:30 ~ 21:00 Balance A MEGUMI.M | 20:30 ~ 21:00 Waist A Saki.I |

| 07/25 | 07/26 | 07/27 | 07/28 | 07/29 | 07/30 | 07/31 | | | |
|--|-------|-------|---|--|-------|---------------------------------------|--|-------|-------|
| 土 | 日 | 月 | 火 | 水 | 木 | 金 | | | |
| 10:30 ~ 11:00 Basic A MEGUMI.M | close | close | 10:30 ~ 11:00 Back A MEGUMI.M | 10:30 ~ 11:00 Stretch A MEGUMI.M | close | 10:30 ~ 11:00 Basic A Saki.I | | | |
| 11:30 ~ 12:00 Hip A Saki.I | | | 11:30 ~ 12:00 Basic A NATSUMI.A | 11:30 ~ 12:00 Waist A Saki.I | | 11:30 ~ 12:00 Leg A NATSUMI.A | | | |
| 12:30 ~ 13:00 Balance A MEGUMI.M | | | 12:30 ~ 13:00 Balance A MEGUMI.M | 12:30 ~ 13:00 Basic B MEGUMI.M | | 12:30 ~ 13:00 Waist A Saki.I | | | |
| 13:30 ~ 14:00 Basic B Saki.I | | | 13:30 ~ 14:00 Jump A NATSUMI.A | 13:30 ~ 14:00 Hip A Saki.I | | 13:30 ~ 14:00 Basic B NATSUMI.A | | | |
| 14:30 ~ 15:00 Back A MEGUMI.M | | | close | close | | close | close | close | close |
| 15:30 ~ 16:00 Jump A MEGUMI.M | | | | | | | | | |
| 16:30 ~ 17:00 Waist A Saki.I | | | | | | | | | |
| close | | | | | | | | | |
| | | | 17:30 ~ 18:00 Basic B MEGUMI.M | 17:30 ~ 18:00 Leg A NATSUMI.A | | 17:30 ~ 18:00 Waist A Saki.I | 17:30 ~ 18:00 Balance A MEGUMI.M | | |
| | | | 18:30 ~ 19:00 Hip B NATSUMI.A | 18:30 ~ 19:00 Basic A Saki.I | | 18:30 ~ 19:00 Hip A NATSUMI.A | 18:30 ~ 19:00 Basic B NATSUMI.A | | |
| | | | 19:30 ~ 20:00 Basic A MEGUMI.M | 19:30 ~ 20:00 Jump A NATSUMI.A | | 19:30 ~ 20:00 Basic A Saki.I | 19:30 ~ 20:00 Back A MEGUMI.M | | |
| | | | 20:30 ~ 21:00 Stretch A NATSUMI.A | 20:30 ~ 21:00 Basic B Saki.I | | 20:30 ~ 21:00 Jump A NATSUMI.A | 20:30 ~ 21:00 Hip B NATSUMI.A | | |