

2026/07/14 更新

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

2026/07/14 更新

08/09	08/10	08/11	08/12	08/13	08/14	08/15	08/16	
日	月	火	水	木	金	土	日	
close	close	10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	close	
		Balance A	Basic A		Back A	Jump A		
		MEGUMI.M	MEGUMI.M		MEGUMI.M	NATSUMI.A		
		11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00		
		Basic A	Jump A		Hip A	Leg A		
		NATSUMI.A	NATSUMI.A		Saki.I	Saki.I		
		12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00		
		Hip A	Balance A		Basic B	Stretch A		
		MEGUMI.M	MEGUMI.M		MEGUMI.M	NATSUMI.A		
		13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00		
		Leg A	Basic B		Stretch A	Waist A		
		NATSUMI.A	NATSUMI.A		Saki.I	Saki.I		
		14:30 ~ 15:00	close		close	close		14:30 ~ 15:00
		Jump A						Basic B
		MEGUMI.M						NATSUMI.A
		15:30 ~ 16:00						15:30 ~ 16:00
		Basic B						Hip A
		NATSUMI.A						Saki.I
		16:30 ~ 17:00						16:30 ~ 17:00
		Hip B	Basic A					
		MEGUMI.M	NATSUMI.A					
close	close	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	close			
		Hip B	Jump A	Balance A				
		NATSUMI.A	MEGUMI.M	MEGUMI.M				
		18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00				
		Waist A	Basic B	Hip B				
		Saki.I	Saki.I	NATSUMI.A				
		19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00				
Basic A	Back A	Waist A						
NATSUMI.A	MEGUMI.M	MEGUMI.M						
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00						
Hip A	Stretch A	Basic A						
Saki.I	Saki.I	NATSUMI.A						

更新

08/17 月	08/18 火	08/19 水	08/20 木	08/21 金	08/22 土	08/23 日	08/24 月					
close	10:30 ~ 11:00 Waist A 🍌 Saki,I NATSUMI,A	10:30 ~ 11:00 Stretch A 🍌 Saki,I NATSUMI,A	close	10:30 ~ 11:00 Basic B 🍌 Saki,I NATSUMI,A	10:30 ~ 11:00 Back A 🍌 Saki,I MEGUMI,M	close	close					
	11:30 ~ 12:00 Back A 🍌 MEGUMI,M	11:30 ~ 12:00 Basic B 🍌 Saki,I NATSUMI,A		11:30 ~ 12:00 Waist A 🍌 NATSUMI,A	11:30 ~ 12:00 Hip B 🍌 NATSUMI,A							
	12:30 ~ 13:00 Basic A 🍌 Saki,I	12:30 ~ 13:00 Hip A 🍌 NATSUMI,A		12:30 ~ 13:00 Stretch A 🍌 Saki,I	12:30 ~ 13:00 Basic B 🍌 MEGUMI,M							
	13:30 ~ 14:00 Balance A MEGUMI,M	13:30 ~ 14:00 Leg A 🍌 Saki,I		13:30 ~ 14:00 Jump A NATSUMI,A	13:30 ~ 14:00 Hip A 🍌 NATSUMI,A							
	close	close		close	close			14:30 ~ 15:00 Balance A MEGUMI,M				
								15:30 ~ 16:00 Basic A 🍌 NATSUMI,A				
								16:30 ~ 17:00 Leg A 🍌 MEGUMI,M				
								close	close	close	close	17:30 ~ 18:00 Hip A 🍌 Saki,I NATSUMI,A
												18:30 ~ 19:00 Stretch A 🍌 MEGUMI,M
	19:30 ~ 20:00 Basic B 🍌 Saki,I											
	20:30 ~ 21:00 Jump A MEGUMI,M											
	17:30 ~ 18:00 Basic A 🍌 NATSUMI,A											
	17:30 ~ 18:00 Waist A 🍌 NATSUMI,A	17:30 ~ 18:00 Back A 🍌 MEGUMI,M										
	18:30 ~ 19:00 Stretch A 🍌 MEGUMI,M	18:30 ~ 19:00 Jump A MEGUMI,M		18:30 ~ 19:00 Leg A 🍌 Saki,I	18:30 ~ 19:00 Basic A 🍌 Saki,I							
	19:30 ~ 20:00 Basic B 🍌 Saki,I	19:30 ~ 20:00 Hip B 🍌 NATSUMI,A		19:30 ~ 20:00 Balance A NATSUMI,A	19:30 ~ 20:00 Leg A 🍌 Saki,I							
	20:30 ~ 21:00 Jump A MEGUMI,M	20:30 ~ 21:00 Back A 🍌 MEGUMI,M		20:30 ~ 21:00 Basic B 🍌 Saki,I	20:30 ~ 21:00 Balance A MEGUMI,M							

更新

08/25 火	08/26 水	08/27 木	08/28 金	08/29 土	08/30 日	08/31 月
10:30 ~ 11:00 Basic A 🍌	10:30 ~ 11:00 Balance A	close	10:30 ~ 11:00 Jump A	10:30 ~ 11:00 Stretch A 🍌	close	close
NATSUMI.A	NATSUMI.A		MEGUMI.M	NATSUMI.A		
11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00		
Stretch A 🍌	Hip B 🍌		Balance A	Basic A 🍌		
Saki.I	MEGUMI.M		NATSUMI.A	Saki.I		
12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00		
Jump A	Basic B 🍌		Back A 🍌	Jump A		
NATSUMI.A	NATSUMI.A		MEGUMI.M	NATSUMI.A		
13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00		
Hip A 🍌	Back A 🍌		Basic A 🍌	Leg A 🍌		
Saki.I	MEGUMI.M		NATSUMI.A	NATSUMI.A		
close	close		14:30 ~ 15:00 お試し見学会 🍌	14:30 ~ 15:00 Basic B 🍌		
			MEGUMI.M	Saki.I		
			close	15:30 ~ 16:00 Hip B 🍌		
				NATSUMI.A		
		16:30 ~ 17:00 Waist A 🍌				
		Saki.I				
17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	close		
Leg A 🍌	Stretch A 🍌	Basic A 🍌	Hip B 🍌			
Saki.I	Saki.I	NATSUMI.A	NATSUMI.A			
18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00			
Balance A	Basic A 🍌	Stretch A 🍌	Waist A 🍌			
NATSUMI.A	MEGUMI.M	Saki.I	Saki.I			
19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00			
Hip B 🍌	Waist A 🍌	Jump A	Basic B 🍌			
NATSUMI.A	Saki.I	NATSUMI.A	NATSUMI.A			
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00			
Basic B 🍌	Hip A 🍌	Waist A 🍌	Leg A 🍌			
Saki.I	MEGUMI.M	Saki.I	Saki.I			