

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 Hip A 🍷 Hinata.I	10:30 ~ 11:00 Basic A 🍷 MAYUKI.H	close	10:30 ~ 11:00 Waist A 🍷 MAYUKI.H	10:30 ~ 11:00 Basic B 🍷 MIZUKI.T	close	close	
	11:30 ~ 12:00 Basic A 🍷 MAYUKI.H	11:30 ~ 12:00 Jump A 🍷 Hinata.I		11:30 ~ 12:00 Basic A 🍷 MIZUKI.T	11:30 ~ 12:00 Leg A 🍷 MAYUKI.H			
	12:30 ~ 13:00 Leg A 🍷 Hinata.I	12:30 ~ 13:00 Balance A 🍷 MAYUKI.H		12:30 ~ 13:00 Hip A 🍷 MAYUKI.H	12:30 ~ 13:00 Basic A 🍷 MIZUKI.T			
	13:30 ~ 14:00 Stretch A 🍷 MAYUKI.H	13:30 ~ 14:00 Hip B 🍷 Hinata.I		13:30 ~ 14:00 Basic A 🍷 MIZUKI.T	13:30 ~ 14:00 Jump A 🍷 Hinata.I			
	close	close		close	close			14:30 ~ 15:00 Basic B 🍷 MIZUKI.T
								15:30 ~ 16:00 Waist A 🍷 MAYUKI.H
								16:30 ~ 17:00 Hip B 🍷 Hinata.I
								17:30 ~ 18:00 Basic B 🍷 MAYUKI.H
								18:30 ~ 19:00 Balance A 🍷 Hinata.I
	19:30 ~ 20:00 Leg A 🍷 MAYUKI.H	19:30 ~ 20:00 Basic B 🍷 MIZUKI.T		19:30 ~ 20:00 Hip A 🍷 MAYUKI.H	19:30 ~ 20:00 Jump A 🍷 MAYUKI.H			
	20:30 ~ 21:00 Waist A 🍷 Hinata.I	20:30 ~ 21:00 Hip B 🍷 MAYUKI.H		20:30 ~ 21:00 Basic A 🍷 MIZUKI.T	20:30 ~ 21:00 Basic B 🍷 MIZUKI.T			

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 Hip B 🇯🇵 Hinata.I	10:30 ~ 11:00 Leg A 🇯🇵 Hinata.I	close	10:30 ~ 11:00 Jump A Hinata.I	10:30 ~ 11:00 Basic A 🇯🇵 MIZUKI.T	close	close	
11:30 ~ 12:00 Basic B 🇯🇵 MIZUKI.T	11:30 ~ 12:00 Hip A 🇯🇵 Hinata.I		11:30 ~ 12:00 Basic B 🇯🇵 MIZUKI.T	11:30 ~ 12:00 Waist A 🇯🇵 Hinata.I			
12:30 ~ 13:00 Jump A Hinata.I	12:30 ~ 13:00 Basic A 🇯🇵 MIZUKI.T		12:30 ~ 13:00 Stretch A 🇯🇵 Hinata.I	12:30 ~ 13:00 Hip B 🇯🇵 Hinata.I			
13:30 ~ 14:00 Hip A 🇯🇵 Hinata.I	13:30 ~ 14:00 Waist A 🇯🇵 Hinata.I		13:30 ~ 14:00 Basic B 🇯🇵 MIZUKI.T	13:30 ~ 14:00 Basic A 🇯🇵 MIZUKI.T			
close	close		close	14:30 ~ 15:00 Jump A Hinata.I			
				15:30 ~ 16:00 Basic B 🇯🇵 MIZUKI.T			
				16:30 ~ 17:00 Leg A 🇯🇵 Hinata.I			
				17:30 ~ 18:00 Balance A MAYUKI.H			
17:30 ~ 18:00 Stretch A 🇯🇵 MAYUKI.H	17:30 ~ 18:00 Waist A 🇯🇵 Hinata.I		17:30 ~ 18:00 Leg A 🇯🇵 Hinata.I	close			
18:30 ~ 19:00 Waist A 🇯🇵 MAYUKI.H	18:30 ~ 19:00 Basic B 🇯🇵 Hinata.I		18:30 ~ 19:00 Hip A 🇯🇵 MAYUKI.H				18:30 ~ 19:00 Stretch A 🇯🇵 MAYUKI.H
19:30 ~ 20:00 Basic A 🇯🇵 MIZUKI.T	19:30 ~ 20:00 Hip B 🇯🇵 Hinata.I		19:30 ~ 20:00 Basic A 🇯🇵 MIZUKI.T				19:30 ~ 20:00 Waist A 🇯🇵 Hinata.I
20:30 ~ 21:00 Leg A 🇯🇵 MAYUKI.H	20:30 ~ 21:00 Basic A 🇯🇵 MAYUKI.H		20:30 ~ 21:00 Leg A 🇯🇵 Hinata.I				20:30 ~ 21:00 Jump A MAYUKI.H