

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		7:30-8:20※ CP Reformer Flow 1 3/3, 3/24, 3/31	7:30-8:20 Yumiko CP Reformer Flow 1				
8am	8:00-8:50 Ami CP Reformer Flow1			8:00-8:50 Rie CP Cardio Sculpt 1			8:30-9:20 Yumiko CP Reformer Flow1
9am		9:00-9:50 Yui CP Reformer Flow1 3/17, 3/24 Ami	9:00-9:50 Yumiko CP Reformer Flow 1.5		9:00-9:50 Yui CP Reformer Flow1 3/20 Rie	9:00-9:50 Yumiko CP Reformer Flow1	9:30-10:20 Yumiko CP Suspend 1.5
10am	10:00-10:50 Ami CP Reformer Flow1	10:00-10:50 Yui CP Cardio Sculpt 1 3/17, 3/24 Ami		10:00-10:50 Rie CP Reformer Flow 1	10:00-10:50 Yui CP Reformer Flow1 3/20 Rie	10:00-10:50 Yumiko CP Cardio Sculpt 1	
11am			11:00-11:50 Chisa CP Reformer Flow 1 3/25 Ami		11:00-11:50 Yui CP Suspend 1.5 3/20 Rie	11:00-11:50 Yumiko CP Reformer Flow 1.5	11:00-11:30 Yumiko Intro
12pm	12:00-12:30 Ami Intro	12:00-12:50 Yui CP Reformer Flow1 3/17, 3/24 Ami	12:30-1:00 Chisa Intro (3/25 Ami)	12:00-12:50 Rie CP Reformer Flow1		12:00-12:50 CP Reformer Flow1 3/7 Yui, 3/14 Yumiko 3/21 Chisa, 3/28 close	12:00-12:50 chisa CP Reformer Flow 1 3/29 ※
1pm	1:00-1:50 Ami CP Cardio Sculpt 1	1:30-2:20 Yui CP Reformer Flow1 3/17,3/24 Ami	1:30-2:20 J/E Chisa CP Control 1.5 3/25 Ami (in Japanese only)	1:00-1:50 Rie CP Reformer Flow 1.5	1:00-1:50 Rie CP Reformer Flow1	1:00-1:50 CP Reformer Flow1 3/7 Yui, 3/14 Yumiko 3/21 Chisa, 3/28 close	1:00-1:50 chisa CP Reformer Flow 1.5 3/29 ※
2pm					2:00-2:50 Rie CP Control 1.5	2:00-2:50 Ami CP Cardio Sculpt 1	2:00-2:50 chisa CP Reformer Flow 1 3/29 ※
3pm						3:00-3:50 Ami CP Reformer Flow1	3:00-3:50※ CP Control 1.5 3/8, 3/29 close
4pm						4:00-4:50 Ami CP Reformer Flow 1.5	4:00-4:50※ CP Reformer Flow 1 3/8 chisa 3/29 close
5pm		5:30-6:20 Yumiko CP Reformer Flow1			5:30-6:20※ CP Reformer Flow1	5:30-6:00 Ami Intro	
6pm	6:00-6:50 Ami CP Reformer Flow1 3/30 Yumiko	6:30-7:00 Yumiko Intro	6:00-6:50 Ami CP Cardio Sculpt 1	6:00-6:50 Chisa CP Reformer Flow1 3/26 ※	6:30-7:20※ CP Control 1.5		
7pm	7:00-7:30 Ami Intro 3/30 Yumiko	7:30-8:20 Yumiko CP Cardio Sculpt 1	7:00-7:50 Ami CP Reformer Flow1	7:30-8:20 J/E Chisa CP Reformer Flow1 3/26 ※ (in Japanese only)			
8pm	8:00-8:50 Ami CP Reformer Flow1 3/30 Yumiko		8:00-8:50 Ami CP Reformer Flow 1.5			close	close

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※はインストラクター未定となります。

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20 Yumiko CP Reformer Flow 1				
8am				8:00-8:50 Rie CP Cardio Sculpt 1			8:30-9:20 Yumiko CP Reformer Flow1
9am			9:00-9:50 Yumiko CP Reformer Flow 1.5		9:00-9:50 Yui CP Reformer Flow1 4/10 Ami,4/24 Rie	9:00-9:50 Yumiko CP Reformer Flow1	9:30-10:20 Yumiko CP Suspend 1.5
10am	10:00-10:50 Ami CP Reformer Flow1	10:00-10:50 Yui CP Cardio Sculpt 1		10:00-10:50 Rie CP Reformer Flow 1	10:00-10:50 Yui CP Reformer Flow1 4/10 Ami,4/24 Rie	10:00-10:50 Yumiko CP Cardio Sculpt 1	
11am			11:00-11:50 Chisa CP Reformer Flow 1 (4/15,22,29 Natsuki)			11:00-11:50 Yumiko CP Reformer Flow 1.5	11:00-11:30 Yumiko Intro
12pm	12:00-12:30 Ami Intro	12:00-12:50 Yui CP Reformer Flow1	12:30-1:00 Chisa Intro (4/15,22,29 Natsuki)	12:00-12:50 Rie CP Reformer Flow1		12:00-12:50 Ami CP Reformer Flow1 4/25 Yui	12:00-12:50 Natsuki CP Reformer Flow 1
1pm	1:00-1:50 Ami CP Cardio Sculpt 1	1:30-2:20 Yui CP Reformer Flow1		1:00-1:50 Rie CP Reformer Flow 1.5	1:00-1:50 Rie CP Reformer Flow1	1:00-1:50 Ami Intro 4/25 Yui	1:00-1:50 Natsuki CP Reformer Flow 1.5
2pm					2:00-2:50 Rie CP Control 1.5		
3pm							
4pm							
5pm							
6pm	6:00-6:50 Ami CP Reformer Flow1	5:30-6:20 Yumiko CP Reformer Flow1 6:30-7:00 Yumiko Intro	6:00-6:50 Ami CP Cardio Sculpt 1	6:00-6:50 Chisa CP Reformer Flow1 (4/16,4/23,4/30 Natsuki)	5:30-6:20 Natsuki CP Reformer Flow1 4/24 Rie 6:30-7:20 Natsuki CP Control 1.5 4/24 Rie		
7pm	7:00-7:50 Ami Reformer Flow1.5	7:30-8:20 Yumiko CP Cardio Sculpt 1	7:00-7:50 Ami CP Reformer Flow1	7:30-8:20 J/E Chisa CP Reformer Flow1 4/16,4/23,4/30 Natsuki (in Japanese only)			
8pm	8:00-8:50 Ami CP Reformer Flow1		8:00-8:50 Ami CP Reformer Flow 1.5			close	close

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