

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20Yumiko CP Reformer Flow 1				
8am	8:30-9:20Ayumi CP Reformer Flow1			8:00-8:50Rie CP Center+Balance1			
9am		9:00-9:50Yui CP Reformer Flow1	9:00-9:50Yumiko CP Reformer Flow 1.5		9:00-9:50Yui CP Reformer Flow1	9:00-9:50Yumiko CP Reformer Flow1	9:00-9:50Yumiko CP Reformer Flow1
10am	10:00-10:50Ayumi CP Reformer Flow1	10:30-11:00Yui Intro		10:00-10:50Rie CP Reformer Flow 1.5	10:00-10:30Yui Intro		10:00-10:30Yumiko Intro
11am			11:00-11:50Yumiko CP Reformer Flow 1		10:30-11:20Yui CP Suspend 1.5	10:30-11:20Yumiko CP Suspend 1.5	
12pm	12:30-1:00Ayumi Intro	12:00-12:50Yui CP Reformer Flow1	12:30-1:00Yumiko Intro	12:30-1:20Rie CP Reformer Flow 1		12:00-12:30Yumiko Intro	12:00-12:50Natsuki CP Reformer Flow 1
1pm	1:30-2:20Ayumi CP Control 1.5		1:30-2:20Chisa CP Suspend 1.5		1:00-1:50Rie CP Reformer Flow1		1:30-2:20Natsuki CP Reformer Flow 1.5
2pm		2:00-2:50Chisa CP Reformer Flow 1.5	※7/8 only			2:00-2:50Ami CP Reformer Flow1	
3pm					2:30-3:00Rie Intro		
4pm						3:30-4:00Ami Intro	
5pm		5:00-5:50Yumiko CP Suspend 1.5	5:30-6:00Ami Intro	5:30-6:20Ami CP Reformer Flow 1			
6pm	6:30-7:20Ami CP Reformer Flow1	6:30-7:00Yumiko Intro	6:30-7:20Ami CP Reformer Flow1		6:00-6:50Natsuki CP Reformer Flow1		
7pm		7:30-8:20Yumiko CP Reformer Flow1		7:00-7:30Ami Intro	7:30-8:20Natsuki CP Center+Balance1		
8pm	8:00-8:50Ami CP Center+Balance1		8:00-8:50Ami CP Reformer Flow 1.5	8:00-8:50Ami CP Control 1.5		close	close

J/Eは、日本語と英語にてレッスンを行います。
※はインストラクター未定となります。

PRAIVATE SCHEDULE

JULY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am							
9am				9:00-9:50 PT Rie			
10am						10:00-10:50 Natsuki PT	10:00-10:50 Natsuki PT
11am					11:00-11:50 Natsuki PT	11:00-11:50 Natsuki PT	11:00-11:50 Natsuki PT
12pm					12:00-12:50 Natsuki PT	12:00-12:50 Natsuki PT	
1pm						1:00-1:50 Yumiko PT	
2pm						2:00-2:50 Rie PT 7/18 Close	
3pm						3:00-3:50 Rie PT 7/18 Close	
4pm							
5pm							
6pm			6:00-6:50 Natsuki PT				
7pm			7:00-7:50 Natsuki PT				
8pm			8:00-5:50 Natsuki PT			close	close
9pm	close	close	close	close	close		