

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	※週毎に変動あり (詳細はスタッフにて)				※週毎に変動あり (詳細はスタッフにて)		
7am		7:30-8:20 CP Reformer Flow 1	7:30-8:20 CP Center+Balance 1	7:30-8:20 CP Restore1			
8am						8:30-9:20 CP Reformer Flow 1	
9am	9:00-9:50 CP Reformer Flow 1	9:00-9:50 CP Suspend1.5	8:50-9:40 CP Reformer Flow 1	9:00-9:50 CP Reformer Flow 1			9:00-9:50 CP Cardio Sculpt1
10am	10:20-11:10 CP Center&Balance 1	10:30-11:00 Intro	10:00-10:50 CP Cardio Sculpt1	10:20-11:10 CP Reformer Flow 1		10:00-10:50 CP Center+Balance 1	10:30-11:00 Intro
11am			11:20-11:50 Intro			11:20-11:50 Intro	
12pm	11:50-12:40 CP Cardio Sculpt1	12:00-12:50 CP Reformer Flow 1		11:40-12:30 CP Control1.5			12:00-12:50 CP Reformer Flow 1
1pm	1:00-1:30 Intro		12:30-1:20 CP Reformer Flow 1.5		12:30-1:20 CP Reformer Flow 1.5		
2pm			1:50-2:20 CP Center+Balance 1				
3pm							
4pm							
5pm		5:30-6:20 CP Cardio Sculpt1	5:20-6:10※ CP Reformer Flow 1	5:00-5:50 CP Center&Balance 1			
6pm			6:40-7:30※ CP Cardio1	6:20-6:50 Intro			
7pm		7:00-7:50 CP Restore1		7:30-8:20 CP Reformer Flow 1			
8pm			7:50-8:40※ CP Reformer Flow 1.5			close	close

※8/12 close