

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20 Yumiko CP Reformer Flow 1				
8am	8:00-8:50 Ayumi CP Reformer Flow1			8:00-8:50 Rie CP Center+Balance1		8:00-8:50 CP Reformer Flow1 <small>9/5, 9/19 Ayumi 9/12, 9/26 Yukie</small>	
9am		9:00-9:50 Yui CP Reformer Flow1	9:00-9:50 Yumiko CP Reformer Flow 1.5		9:00-9:50 Yui CP Reformer Flow1	9:30-10:20 CP Suspend 1.5 <small>9/5, 9/19 Ayumi 9/12, 9/26 Yukie</small>	9:00-9:50 CP Reformer Flow1 <small>9/13 Yumiko 9/6, 9/20, 9/27 Yukie</small>
10am	10:00-10:50 Ayumi CP Reformer Flow1	10:30-11:00 Yui Intro		10:00-10:50 Rie CP Reformer Flow 1.5	10:30-11:00 Yui Intro		10:30-11:00 Intro <small>9/13 Yumiko 9/6, 9/20, 9/27 Yukie</small>
11am		11:30-12:20 Yui CP Reformer Flow1	11:00-11:50 Ayumi CP Reformer Flow 1	11:30-12:00 Rie Intro	11:30-12:20 Yui CP Suspend 1.5	11:00-11:50 CP Reformer Flow1 <small>9/5, 9/19 Ayumi 9/12, 9/26 Yukie</small>	
12pm	12:30-1:00 Ayumi Intro		12:30-1:00 Ayumi Intro	12:30-1:20 Rie CP Reformer Flow 1		12:30-13:00 Ami Intro	12:00-12:50 Natsuki CP Reformer Flow 1
1pm	1:30-2:20 Ayumi CP Control 1.5	1:00-1:50 Yukie CP Center+Balance1			1:00-1:50 Rie CP Reformer Flow1	1:30-2:20 Ami CP Reformer Flow1	1:30-2:20 Natsuki CP Center+Balance1
2pm		2:30-3:20 Yukie CP Reformer Flow 1.5			2:30-3:20 Rie CP Center+Balance1		
3pm						3:00-3:50 Ami CP Control 1.5	
4pm							
5pm		5:00-5:50 Yumiko CP Suspend 1.5	5:30-6:00 Ami Intro	5:00-5:50 Ami CP Control 1.5			
6pm	6:30-7:20 Ami CP Reformer Flow1	6:30-7:00 Yumiko Intro	6:30-7:20 Ami CP Reformer Flow1	6:30-7:20 Ami CP Center+Balance1	6:00-6:50 Natsuki CP Reformer Flow1		
7pm		7:30-8:20 Yumiko CP Reformer Flow1			7:30-8:20 Natsuki CP Center+Balance1		
8pm	8:00-8:50 Ami CP Center+Balance1		8:00-8:50 Ami CP Reformer Flow 1.5	8:00-8:50 Ami CP Reformer Flow1		close	close

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20 Yumiko CP Reformer Flow1				
8am	8:00-8:50 Ayumi CP Reformer Flow1			8:00-8:50 Rie CP Center+Balance 1		8:00-8:50 CP Reformer Flow1 10/3, 10/17 Ayumi 10/10, 10/24, 10/31 Yukie	
9am		9:00-9:50 Yui CP Reformer Flow1	9:00-9:50 Yumiko CP Reformer Flow 1.5		9:00-9:50 Yui CP Reformer Flow1	9:30-10:20 CP Suspend 1.5 10/3, 10/17 Ayumi 10/10, 10/24, 10/31 Yukie	9:00-9:50 CP Reformer Flow1 10/4, 10/25 Yui 10/18 Yukie
10am	10:00-10:50 Ayumi CP Reformer Flow1	10:30-11:00 Yui Intro		10:00-10:50 Rie CP Reformer Flow 1.5	10:30-11:00 Yui Intro		10:30-11:00 Intro 10/4, 10/25 Yui 10/18 Yukie
11am		11:30-12:20 Yui CP Reformer Flow 1	11:00-11:50 Ayumi CP Reformer Flow 1	11:30-12:00 Yukie Intro 10/8 Chisa	11:30-12:20 Yui CP Suspend 1.5	11:00-11:50 CP Cardio Sculpt 1 10/3, 10/17 Ayumi 10/10, 10/24, 10/31 Yukie	
12pm	12:30-1:00 Ayumi Intro		12:30-1:00 Ayumi Intro	12:30-1:20 Yukie CP Reformer Flow 1 10/8 Chisa		12:30-1:00 Ami Intro	12:00-12:50 Natsuki CP Reformer Flow1
1pm	1:30-2:20 Ayumi CP Control 1.5	1:00-1:50 Yukie CP Center+Balance 1			1:00-1:50 Rie CP Reformer Flow1 10/23 Chisa	1:30-2:20 Ami CP Reformer Flow1	1:30-2:20 Natsuki CP Center+Balance 1
2pm				14:00-14:30 Intro 10/15,10/22 Chisa			
3pm		2:30-3:20 Yukie CP Reformer Flow 1.5			2:30-3:20 Rie CP Center+Balance 1 10/23 Chisa		
4pm						3:00-3:50 Ami CP Control 1.5	
5pm	5:30-6:00 Ami Intro	5:00-5:50 Yumiko CP Suspend 1.5	5:00-5:30 Intro 10/14,10/21 Chisa	5:00-5:50 Ami CP Control 1.5			※10/11 イベント日のため 特別スケジュール 9:00-9:30 Yumiko Intro 10:30-11:00 Yumiko Intro 12:00-12:30 Natsuki Intro 13:30-14:00 Natsuki Intro 15:00-15:30 Chisa Intro
6pm	6:30-7:20 Ami CP Reformer Flow1	6:30-7:00 Yumiko Intro	6:00-6:50 Ami CP Reformer Flow1	6:30-7:20 Ami CP Cardio Sculpt1	6:00-6:50 Natsuki CP Reformer Flow1		
7pm		7:30-8:20 Yumiko CP Reformer Flow1	7:30-8:20 Ami CP Reformer Flow 1.5		7:30-8:20 Natsuki CP Center+Balance 1		
8pm	8:00-8:50 Ami CP Center+Balance 1			8:00-8:50 Ami CP Reformer Flow1		close	close