

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	7:30-8:20 Reformer Flow 1 Yuki -		7:30-8:20 Reformer Flow 1 Yuki -			7:30-8:20 Reformer Flow 1 Ami -	
8am	8:30-9:20 Reformer Flow 1.5 Yuki -	8:00-8:50 Cardio Sculpt 1 Ayumi -	8:30-9:20 Cardio Sculpt 1 Yuki -	8:00-8:50 Reformer Flow 1.5 Mika (Ayano 8/12)	8:00-8:50 Reformer Flow 1 Mika (Ayano 8/13)	8:30-9:20 Cardio Sculpt 1.5 Ami -	8:00-8:50 Center+Balance 1 Ayano -
9am	9:30-10:20 Cardio Sculpt 1 Yuki -	9:00-9:50 Reformer Flow 1 Ayumi -	9:30-10:20 Center+Balance 1 Yuki -	9:00-9:50 Reformer Flow 1 Mika (Ayano 8/12)	9:00-9:50 Reformer Flow 1.5 Mika (Ayano 8/13)		9:00-9:50 Reformer Flow 1 Ayano -
10am		10:00-10:50 Reformer Flow 1 Ayumi -	10:30-11:20 Reformer Flow 1 Seiko -	10:00-10:50 Center+Balance 1 Mika (Ayano 8/12)	10:00-10:50 Reformer Flow 1 Mika (Ayano 8/13)	10:00-10:50 Reformer Flow 1 Ami -	10:00-10:50 Reformer flow 1.5 Ayano -
11am	11:00-11:30 Intro Yuki -			11:00-11:50 Reformer Flow 1.5 Mika -		11:00-11:50 Cardio Sculpt 1 Ayano -	11:30-12:00 Intro Yuki (Ayano 8/22)
12pm	12:00-12:50 Reformer Flow 1.5 Yuki -			12:00-12:50 Reformer Flow 1 Eri (Ayano 8/12)			
1pm	1:00-1:50 Reformer Flow 1.5 Yuko -	12:30-1:20 Cardio Sculpt 1 Ayumi -	12:30-1:20 Cardio Sculpt 1 Seiko -		12:30-1:20 Reformer Flow 1 Mika (Ayano 8/13)	12:30-1:00 Intro Ayano -	12:30-1:20 F.I.T.1.5 Yuki (Ayano 8/22)
2pm	2:00-2:50 Center+Balance 1 Yuko -		1:30-2:20 Reformer Flow 1 Seiko -	1:00-1:50 Reformer Flow 1.5 Eri -	1:30-2:20 F.I.T.1.5 Mika (Ayano 8/13)	1:30-2:20 Reformer Flow 1 Ayano -	1:30-2:20 Reformer Flow 1 Yuki (8/22 開講なし)
3pm	3:00-3:50 Reformer Flow 1 Seiko -		2:30-3:00 Intro Seiko -			2:30-3:20 Reformer flow 1.5 Ayano -	2:30-3:20 Cardio Sculpt 1 Yuki (Ayumi 8/22)
4pm	4:00-4:50 Reformer Flow 1.5 Seiko -	4:00-4:50 Center+Balance 1 Seiko -		3:00-3:50 F.I.T.1.5 Eri -		3:30-4:20 Reformer Flow 1 Ayano -	3:30-4:20 Reformer Flow 1.5 Yuki (Ayumi 8/22)
5pm	5:00-5:50 Center+Balance 1 Seiko -	5:00-5:50 Reformer Flow 1 Ayano -	5:00-5:50 Reformer Flow 1.5 Marina -	5:00-5:50 Reformer Flow 1 Haruka -	4:30-5:20 Reformer Flow 1 Ayano -		
6pm	6:00-6:30 Intro Mika (Mio 8/9,8/16)	6:00-6:50 Reformer Flow 1 Ayano -	6:00-6:50 Reformer Flow 1 Marina -	6:00-6:50 Reformer Flow 1 Haruka -	5:30-6:20 F.I.T.1.5 Ayano -		
7pm	7:00-7:50 F.I.T.1.5 Mika (Mio 8/9,8/16)	7:00-7:50 Cardio Sculpt 1.5 Ayano -	7:00-7:50 Reformer Flow 1 Marina -	7:00-7:30 Intro Haruka -	6:30-7:20 Cardio Sculpt 1 Ayano -		
8pm	8:00-8:50 Reformer Flow 1 Mika (Mio 8/9,8/16)	8:00-8:50 Reformer Flow 1.5 Ayano -	8:00-8:30 Intro Marina -	8:00-8:50 Cardio Sculpt 1.5 Haruka -	7:30-8:20 Reformer Flow 1 Ayano -	close	close