

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	<div><div>7:30-8:20</div><div>Reformer Flow 1</div><div>Yuki</div></div>		<div><div>7:30-8:20</div><div>Reformer Flow 1</div><div>Yuki</div></div>			<div><div>7:30-8:20</div><div>Reformer Flow 1</div><div>Ami</div></div>	
8am	<div><div>8:30-9:20</div><div>Reformer Flow 1.5</div><div>Yuki</div></div>	<div><div>8:00-8:50</div><div>Cardio Sculpt 1</div><div>Ayumi</div></div>	<div><div>8:30-9:20</div><div>Cardio Sculpt 1.5</div><div>Yuki</div></div>	<div><div>8:00-8:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Mika</div></div>	<div><div>8:00-8:50</div><div>Reformer Flow 1</div><div>Mika</div></div>	<div><div>8:30-9:20</div><div>Cardio Sculpt 1.5</div><div>Ami</div></div>	<div><div>8:00-8:50</div><div>Center+Balance 1</div><div>Ayano</div></div>
9am	<div><div>9:30-10:20</div><div>Cardio Sculpt 1</div><div>Yuki</div></div>	<div><div>9:00-9:50</div><div>Reformer Flow 1</div><div>Ayumi</div></div>	<div><div>9:30-10:20</div><div>Center+Balance 1</div><div>Yuki</div></div>	<div><div>9:00-9:50</div><div>Reformer Flow 1</div><div>Mika</div></div>	<div><div>9:00-9:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Mika</div></div>		<div><div>9:00-9:50</div><div>Reformer Flow 1</div><div>Ayano</div></div>
10am		<div><div>10:00-10:50</div><div>Reformer Flow 1</div><div>Ayumi</div></div>	<div><div>10:30-11:20</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Seiko</div></div>	<div><div>10:00-10:50</div><div>Center+Balance 1</div><div>Mika</div></div>	<div><div>10:00-10:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Mika</div></div>	<div><div>10:00-10:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Ami</div></div>	<div><div>10:00-10:50</div><div>Reformer Flow 1.5</div><div>Ayano</div></div>
11am	<div><div>11:00-11:50</div><div>Center+Balance 1</div><div>Yuki</div></div>	<div><div>11:30-12:00</div><div>Intro</div><div>Ayumi</div></div>	<div><div>11:30-12:20</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Seiko</div></div>	<div><div>11:00-11:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Mika</div></div>	<div><div>11:30-12:00</div><div>Intro</div><div>Mika</div></div>	<div><div>11:00-11:50</div><div>Cardio Sculpt 1</div><div>Ayano</div></div>	<div><div>11:30-12:00</div><div>Intro</div><div>Yuki</div></div>
12pm	<div><div>12:00-12:50</div><div>Suspend 1.5</div><div>Yuki</div></div>	<div><div>12:30-1:20</div><div>Cardio Sculpt 1.5</div><div>Ayumi</div></div>	<div><div>12:30-1:20</div><div>Cardio Sculpt 1</div><div>Seiko</div></div>	<div><div>12:00-12:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Eri</div></div>	<div><div>12:30-1:20</div><div>Reformer Flow 1</div><div>Mika</div></div>	<div><div>12:30-1:00</div><div>Intro</div><div>Ayano</div></div>	<div><div>12:30-1:20</div><div>F.I.T.1.5</div><div>Yuki</div></div>
1pm	<div><div>1:00-1:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Yuko</div></div>	<div><div>1:30-2:20</div><div>Reformer Flow 1.5</div><div>Ayumi</div></div>	<div><div>1:30-2:20</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Seiko</div></div>	<div><div>1:00-1:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Eri</div></div>		<div><div>1:30-2:20</div><div>Reformer Flow 1</div><div>Ayano</div></div>	<div><div>1:30-2:20</div><div>Reformer Flow 1</div><div>Yuki</div></div>
2pm	<div><div>2:00-2:50</div><div>Suspend 1.5</div><div>Yuko</div></div>		<div><div>2:30-3:00</div><div>Intro</div><div>Seiko</div></div>	<div><div>2:00-2:50</div><div>Suspend 1.5</div><div>Eri</div></div>	<div><div>1:30-2:20</div><div>F.I.T.1.5</div><div>Mika</div></div>	<div><div>2:30-3:20</div><div>Reformer Flow 1.5</div><div>Ayano</div></div>	<div><div>2:30-3:20</div><div>Cardio Sculpt 1.5</div><div>Yuki</div></div>
3pm	<div><div>3:00-3:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Yuko</div></div>	<div><div>3:00-3:50</div><div>Reformer Flow 1</div><div>Seiko</div></div>				<div><div>3:30-4:20</div><div>Reformer Flow 1</div><div>Ayano</div></div>	<div><div>3:30-4:20</div><div>Reformer Flow 1.5</div><div>Yuki</div></div>
4pm		<div><div>4:00-4:50</div><div>Center+Balance 1</div><div>Seiko</div></div>			<div><div>4:30-5:20</div><div>Center+Balance 1</div><div>Ayano</div></div>		
5pm	<div><div>5:00-5:50</div><div>Center+Balance 1</div><div>Mika</div></div>	<div><div>5:00-5:50</div><div>Suspend 1.5</div><div>Ayano</div></div>	<div><div>5:00-5:30</div><div>Intro</div><div>Marina</div></div>	<div><div>5:00-5:50</div><div>Reformer Flow 1.5</div><div>Haruka</div></div>		<div><div>5:30-6:20</div><div>F.I.T.1.5</div><div>Ayano</div></div>	
6pm	<div><div>6:00-6:50</div><div>Suspend 1.5</div><div>Mika</div></div>	<div><div>6:00-6:50</div><div>Reformer Flow 1</div><div>Ayano</div></div>	<div><div>6:00-6:50</div><div>Reformer Flow 1</div><div>Marina</div></div>	<div><div>6:00-6:50</div><div>Reformer Flow 1.5</div><div>Haruka</div></div>		<div><div>6:30-7:20</div><div>Cardio Sculpt 1</div><div>Ayano</div></div>	
7pm	<div><div>7:00-7:50</div><div>F.I.T.1.5</div><div>Mika</div></div>	<div><div>7:00-7:50</div><div>Cardio Sculpt 1.5</div><div>Ayano</div></div>	<div><div>7:00-7:50</div><div>Reformer Flow 1.5</div><div>Marina</div></div>	<div><div>7:00-7:30</div><div>Intro</div><div>Haruka</div></div>		<div><div>7:30-8:20</div><div>Reformer Flow 1</div><div>Ayano</div></div>	
8pm	<div><div>8:00-8:50</div><div>Reformer Flow 1</div><div>Mika</div></div>	<div><div>8:00-8:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Ayano</div></div>	<div><div>8:00-8:50</div><div>Reformer Flow 1</div><div>Marina</div></div>	<div><div>8:00-8:50</div><div>Cardio Sculpt 1.5</div><div>Haruka</div></div>			

※【Reformer Flow Level 1.5 + 2.0 Workshop】のクラスは承認制ではありませんので、皆様全員ご参加いただくことができます。また、通常のレベル1.5のクラスと内容に大きく変化はありませんので、Workshopによる承認をご希望でない方も変わらずご参加いただけます。ご安心くださいませ。

※クラススケジュールは急遽変更になる場合もございます。最新のスケジュールは会員ページをご確認いただけますと幸いです。

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