

| | 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> | | <div><div>7:30-8:20</div><div>Reformer Flow 1.5</div><div>Yuki</div><div>-</div></div> | | | <div><div>7:30-8:20</div><div>Reformer Flow 1</div><div>Ami</div><div>-</div></div> | |
| 8am | <div><div>8:30-9:20</div><div>Reformer Flow 1.5</div><div>Yuki</div><div>-</div></div> | <div><div>8:00-8:50</div><div>Cardio Sculpt 1</div><div>Ayumi</div><div>-</div></div> | <div><div>8:30-9:20</div><div>Center+Balance 1</div><div>Yuki</div><div>-</div></div> | <div><div>8:00-8:50</div><div>Reformer Flow 2</div><div>Mika</div><div>-</div></div> | <div><div>8:00-8:50</div><div>Reformer Flow 1</div><div>Mika</div><div>-</div></div> | <div><div>8:30-9:20</div><div>Cardio Sculpt 1.5</div><div>Ami</div><div>-</div></div> | <div><div>8:00-8:50</div><div>Center+Balance 1</div><div>Ayano</div><div>-</div></div> |
| 9am | <div><div>9:30-10:20</div><div>Center+Balance 1</div><div>Yuki</div><div>-</div></div> | <div><div>9:00-9:50</div><div>Reformer Flow 1</div><div>Ayumi</div><div>-</div></div> | <div><div>9:30-10:20</div><div>Reformer Flow 1</div><div>Yuki</div><div>-</div></div> | <div><div>9:00-9:50</div><div>Reformer Flow 1</div><div>Mika</div><div>-</div></div> | <div><div>9:00-9:50</div><div>Reformer Flow 1.5</div><div>Mika</div><div>-</div></div> | | <div><div>9:00-9:50</div><div>Reformer Flow 1</div><div>Ayano</div><div>-</div></div> |
| 10am | | <div><div>10:00-10:50</div><div>Reformer Flow 1</div><div>Ayumi</div><div>-</div></div> | <div><div>9:30-10:20</div><div>Reformer Flow 1</div><div>Yuki</div><div>-</div></div> <div><div>10:30-11:20</div><div>Reformer Flow 2</div><div>Seiko</div><div>-</div></div> | <div><div>10:00-10:50</div><div>Center+Balance 1</div><div>Mika</div><div>-</div></div> | <div><div>10:00-10:50</div><div>Reformer Flow 2</div><div>Mika</div><div>-</div></div> | <div><div>10:00-10:50</div><div>Reformer Flow 2</div><div>Ami</div><div>-</div></div> | <div><div>10:00-10:50</div><div>Reformer Flow 1.5</div><div>Ayano</div><div>-</div></div> |
| 11am | <div><div>11:00-11:50</div><div>Reformer Flow 1</div><div>Yuki</div><div>-</div></div> | | | <div><div>11:00-11:50</div><div>Reformer Flow 1.5</div><div>Mika</div><div>-</div></div> | | <div><div>11:00-11:50</div><div>Cardio Sculpt 1</div><div>Ayano</div><div>-</div></div> | |
| 12am | <div><div>12:00-12:50</div><div>Suspend 1.5</div><div>Yuki</div><div>-</div></div> | <div><div>11:30-12:20</div><div>Cardio Sculpt 1.5</div><div>Ayumi</div><div>-</div></div> <div><div>12:30-1:20</div><div>Reformer Flow 1.5</div><div>Ayumi</div><div>-</div></div> | <div><div>11:30-12:20</div><div>Reformer Flow 1.5</div><div>Seiko</div><div>-</div></div> <div><div>12:30-1:20</div><div>Cardio Sculpt 1</div><div>Seiko</div><div>-</div></div> | <div><div>12:00-12:50</div><div>Reformer Flow 1</div><div>Eri</div><div>-</div></div> | | <div><div>12:00-12:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Ayano</div><div>-</div></div> | <div><div>12:30-1:20</div><div>F.I.T.1.5</div><div>Yuki</div><div>-</div></div> |
| 1pm | <div><div>1:00-1:50</div><div>Reformer Flow 2</div><div>Yuko</div><div>-</div></div> | | | <div><div>1:00-1:50</div><div>Reformer Flow 1.5</div><div>Eri</div><div>-</div></div> | | | |
| 2pm | <div><div>2:00-2:50</div><div>Suspend 1.5</div><div>Yuko</div><div>-</div></div> | | <div><div>1:30-2:20</div><div>Reformer Flow 1.5</div><div>Seiko</div><div>-</div></div> | <div><div>2:00-2:50</div><div>Suspend 1.5</div><div>Eri</div><div>-</div></div> | <div><div>12:30-1:20</div><div>Reformer Flow 1</div><div>Mika</div><div>-</div></div> <div><div>1:30-2:20</div><div>Reformer Flow 1.5 + 2.0 Workshop</div><div>Mika</div><div>-</div></div> | <div><div>12:00-12:50</div><div>Reformer Flow 1.5 +2.0 Workshop</div><div>Ayano</div><div>-</div></div> <div><div>1:30-2:20</div><div>Reformer Flow 1</div><div>Ayano</div><div>-</div></div> | <div><div>12:30-1:20</div><div>F.I.T.1.5</div><div>Yuki</div><div>-</div></div> <div><div>1:30-2:20</div><div>Reformer Flow 1</div><div>Yuki</div><div>-</div></div> |
| 3pm | <div><div>3:00-3:50</div><div>Center+Balance 1.5</div><div>Yuko</div><div>-</div></div> | <div><div>3:00-3:50</div><div>Reformer Flow 1</div><div>Seiko</div><div>-</div></div> | | | | | |
| 4pm | | <div><div>4:00-4:50</div><div>Center+Balance 1</div><div>Seiko</div><div>-</div></div> | | | | | |
| 5pm | <div><div>5:00-5:50</div><div>Center+Balance 1</div><div>Mika</div><div>-</div></div> | <div><div>5:30-6:20</div><div>Reformer Flow 1</div><div>Ayano</div><div>-</div></div> | | | <div><div>5:30-6:20</div><div>F.I.T.1.5</div><div>Ayano</div><div>-</div></div> | | |
| 6pm | <div><div>6:00-6:50</div><div>Suspend 1.5</div><div>Mika</div><div>-</div></div> | <div><div>6:30-7:20</div><div>Cardio Sculpt 1.5</div><div>Ayano</div><div>-</div></div> | <div><div>6:00-6:50</div><div>Reformer Flow 1</div><div>Marina</div><div>(Naoko11/3,11/17)</div></div> | <div><div>6:00-6:50</div><div>Reformer Flow 1</div><div>Haruka</div><div>-</div></div> | | <div><div>6:30-7:20</div><div>Cardio Sculpt 1</div><div>Ayano</div><div>-</div></div> | |
| 7pm | <div><div>7:00-7:50</div><div>F.I.T.1.5</div><div>Mika</div><div>-</div></div> | <div><div>7:30-8:20</div><div>Reformer Flow 2</div><div>Ayano</div><div>-</div></div> | <div><div>7:00-7:50</div><div>Reformer Flow 1.5</div><div>Marina</div><div>(Naoko11/3,11/17)</div></div> | <div><div>7:00-7:30</div><div>Intro</div><div>Haruka</div><div>-</div></div> | | <div><div>7:30-8:20</div><div>Reformer Flow 1</div><div>Ayano</div><div>-</div></div> | |
| 8pm | <div><div>8:00-8:50</div><div>Reformer Flow 1</div><div>Mika</div><div>-</div></div> | | <div><div>8:00-8:50</div><div>Reformer Flow 1</div><div>Marina</div><div>(Naoko11/3,11/17)</div></div> | <div><div>8:00-8:50</div><div>Reformer Flow 1.5</div><div>Haruka</div><div>-</div></div> | | | |

※ Reformer Flow 1.5+2 Workshop のクラスは通常のレベル1.5のクラスの中で、2のクラスへのワークショップを行ないます。
こちらで承認がおりた方のみ、レベル2クラスへのご受講をいただけます。

※クラススケジュールは急遽変更になる場合がございます。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。