

CLASS SCHEDULE

DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20 Yumiko CP Reformer Flow1		7:30-8:20 Yuko CP Center+Balance 1		
8am	8:00-8:50 Ayumi CP Reformer Flow1			8:00-8:50 Rie CP Cardio Sculpt1		8:00-8:50 Yuko CP Reformer Flow1	8:00-8:50 CP Cardio Sculpt1 12/6, 12/20, 12/27 close 12/13 Yumiko
9am		9:00-9:50 Yui CP Reformer Flow1	9:00-9:50 Yumiko CP Reformer Flow 1.5	9:00-9:50 Rei CP Center+Balance 1	9:00-9:50 Yuko CP Reformer Flow1	9:00-9:50 Yuko CP Suspend 1.5	9:00-9:50 CP Reformer Flow1 12/6 Yukie 12/13, 12/20,12/27 Yumiko
10am	10:00-10:50 Ayumi CP Reformer Flow 1	10:00-10:50 Yui CP Cardio Sculpt1	10:30-11:20 Ayumi CP Center+Balance 1	10:00-10:50 Rie CP Reformer Flow 1.5	10:30-11:00 Yui Intro	10:00-10:50 Yuko CP Cardio Sculpt1	10:00-10:50 Reformer Flow 1.5 12/6 Yukie 12/13, 12/20,12/27 Yumiko
11am	11:00-11:50 Ayumi CP Cardio Sculpt1	11:00-11:50 Yui CP Center+Balance 1	11:30-12:20 Ayumi CP Reformer Flow 1	11:30-12:00 Yukie Intro	11:30-12:20 Yui CP Cardio Sculpt1	11:30-12:00 Ami Intro	11:30-12:20 CP Cardio Sculpt1 12/6, 12/13 Yukie 12/27 Yumiko 12/20 close
12pm	12:30-1:00 Ayumi Intro 12/7, 12/21 Yui	12:00-12:50 Yukie CP Reformer Flow 1	12:30-1:20 Ayumi CP Cardio Sculpt1	12:30-1:20 Yukie CP Reformer Flow 1	12:30-1:20 Yui CP Reformer Flow 1	12:30-1:20 Ami CP Center+Balance 1	12:30-1:20 CP Reformer Flow1 12/6, 12/13 Yukie 12/20, 12/27 close
1pm	1:30-2:20 Ayumi CP Control 1.5 12/7, 12/21 Yui	1:00-1:50 Yukie CP Center+Balance 1		1:30-2:20 Yukie CP Center+Balance 1	1:30-2:20 Rie CP Center+Balance 1 12/4 close	1:30-2:20 Ami CP Reformer Flow1	1:30-2:20 CP Center+Balance 1 12/6, 12/13 Yukie 12/20, 12/27 close
2pm	2:30-3:20 CP Reformer Flow 1 12/7, 12/21 Yui	2:00-2:50 Yukie CP Reformer Flow 1.5		2:30-3:20 CP Reformer Flow 1 12/17 Yukie	2:30-3:20 Rie CP Control 1.5 12/4 close	2:30-3:20 Ami CP Control 1.5	
3pm							
4pm		4:00-4:50 Yumiko CP Reformer Flow 1					
5pm		5:00-5:50 Yumiko CP Suspend 1.5	5:00-5:50 Ami CP Center+Balance 1	5:00-5:50 CP Control 1.5 12/10, 12/24 Ami 12/3, 12/17 close			
6pm	6:00-6:50 Ami CP Cardio Sculpt1	6:30-7:00 Yumiko Intro	6:30-7:20 Ami CP Reformer Flow1	6:30-7:20 CP Cardio Sculpt1 12/10, 12/24 Ami 12/3, 12/17 Yumiko	6:00-6:50 CP Reformer Flow1 12/4,12/11 Natsuki 12/18 Chisa 12/25 close		
7pm	7:00-7:50 Ami CP Reformer Flow1	7:30-8:20 Yumiko CP Reformer Flow1			7:30-8:20 CP Center+Balance 1 12/4,12/11 Natsuki 12/18 Chisa 12/25 close		
8pm	8:00-8:50 Ami CP Center+Balance 1		8:00-8:50 Ami CP Reformer Flow 1.5	8:00-8:50 CP Reformer Flow1 12/10, 12/24 Ami 12/3, 12/17 Yumiko		close	close

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20YumikoCP Reformer Flow1		7:30-8:20YukoCP Center+Balance 1		
8am	8:00-8:50AyumiCP Reformer Flow1			8:00-8:50RieCP Cardio Sculpt1		8:00-8:50YukoCP Reformer Flow1	
9am		9:00-9:50YuiCP Reformer Flow1	9:00-9:50YumikoCP Reformer Flow 1.5	9:00-9:50RieCP Center+Balance 1	9:00-9:50YukoCP Reformer Flow1	9:00-9:50YukoCP Suspend 1.5	9:00-9:50CP Reformer Flow11/10,1/17, 1/24 Yumiko1/31 Natsuki
10am	10:00-10:50AyumiCP Reformer Flow1	10:00-10:50YuiCP Center+Balance 1	10:30-11:20AyumiCP Center+Balance 1	10:00-10:50RieCP Reformer Flow 1.5	10:30-11:00YuiIntro	10:00-10:50YukoCP Cardio Sculpt1	10:10-11:00Reformer Flow 1.51/10,1/17, 1/24 Yumiko1/31 Natsuki
11am	11:00-11:50AyumiCP Cardio Sculpt1	11:00-11:50YuiCP Center+Balance 1	11:00-11:50AyumiCP Reformer Flow 1	11:30-12:00YukieIntro	11:30-12:20YuiCP Cardio Sculpt1	11:30-12:00AmiIntro1/16,1/30 Yuko	11:30-12:20CP Cardio Sculpt11/10, 1/24 Yumiko1/17 Natsuki1/31 Yukie
12pm	12:30-1:00AyumiIntro1/18 Yui	12:00-12:50YukieCP Reformer Flow 1	12:30-1:20AyumiCP Cardio Sculpt1	12:30-1:20YukieCP Reformer Flow 1	12:30-1:20YuiCP Center+Balance 1	12:30-1:20AmiCP Center+Balance 1	12:30-1:20CP Reformer Flow11/10, 1/17 Natsuki1/24, 1/31 Yukie
1pm	1:30-2:20AyumiCP Control 1.51/18 Yui1/25 開講なし	1:00-1:50YukieCP Center+Balance 1	1/27 開講なし	1/28 開講なし	1:30-2:20RieCP Center+Balance 1	1:30-2:20AmiCP Reformer Flow1	1:30-2:20CP Center+Balance 11/10, 1/17 Natsuki1/24, 1/31 Yukie
2pm	2:30-3:20AyumiCP Reformer Flow11/18 Yui1/4,1/11,1/25 開講なし	2:00-2:50YukieReformer Flow 1.5					
3pm					2:30-3:20RieCP Control 1.5	2:30-3:20AmiCP Control 1.5	
4pm							
5pm		5:00-5:50YumikoCP Suspend 1.5	5:00-5:50AmiCP Center+Balance 1	5:00-5:50CP Control 1.51/7,1/21 Ami1/14,1/28 開講なし			
6pm	6:00-6:50AmiCP Cardio Sculpt1	6:30-7:00YumikoIntro	6:30-7:20AmiCP Reformer Flow1	6:30-7:20CP Cardio Sculpt11/7,1/21 Ami1/14,1/28 Yumiko	6:00-6:50NatsukiCP Reformer Flow1		
7pm	7:00-7:50AmiCP Reformer Flow1	7:30-8:20YumikoCP Reformer Flow1			7:30-8:20NatsukiCP Center+Balance 1		
8pm	8:00-8:50AmiCP Center+Balance 1		8:00-8:50AmiCP Control 1.5	8:00-8:50CP Reformer Flow11/7,1/21 Ami1/14,1/28 Yumiko		close	close