CLUB PILATES
YEBISU GARDEN PLACE

CLASS SCHEDULE
JULY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		7:30-8:20 Naoko **Reformer Flow 1**	7:30-8:20 Yumiko **Reformer Flow 1**		7:30-8:20 Yuko **Center + Balance 1**		
8am	8:00-8:50 Naoko **Reformer Flow 1**	8:30-9:20 Naoko **Reformer Flow 1**	8:30-9:20 Yumiko **Center + Balance 1**	8:00-8:50 Naoko **Reformer Flow 1**	8:30-9:20 Yuko **Reformer Flow 1**	8:00-8:50 Yuko **Reformer Flow 1**	
9am	9:00-9:50 Naoko **Reformer Flow 1**	9:30-10:20 Yukie **Restore 1**	9:30-10:20 Yumiko **Reformer Flow 1.5**	9:00-9:50 Naoko **Reformer Flow 1**	9:30-10:20 Yuko **Reformer Flow 1.5**	9:00-9:50 Yuko **Suspend 1.5**	9:00-9:50 Ayaka **Reformer Flow 1**
10am	10:00-10:50 Ayumi **Reformer Flow 1**	10:30-11:20 Yukie **Reformer Flow 1**	10:30-11:20 Ayumi **Center + Balance 1**	10:00-10:50 Naoko **Reformer Flow 1**	10:30-11:00 Yui **Intro** (Seiko 7/9,7/16)	10:00-10:50 Yuko **Center + Balance 1** Restore 1 (7/10,7/24)	10:00-10:50 Ayaka **Reformer Flow 1.5**
11am	11:00-11:50 Ayumi **Cardio Sculpt 1**	11:30-12:20 Yukie **Reformer Flow 1.5**	11:30-12:20 Ayumi **Reformer Flow 1**	11:00-11:50 Yukie **Reformer Flow 1**	11:30-12:20 Yui **Cardio Sculpt 1** (Seiko 7/9,7/16)	11:30-12:00 Yuko **Intro**	11:00-11:50 Ayaka **Cardio Sculpt 1**
12am	12:30-1:00 Ayumi **Intro**	12:30-1:20 Yui **Reformer Flow 1**	12:30-1:20 Ayumi **Cardio Sculpt 1**	12:00-12:50 Yukie **Restore 1**	12:30-1:20 Yui **Reformer Flow 1** (Seiko 7/9,7/16)	12:30-1:20 Ami **Center + Balance 1**	12:30-1:20 Natsuki **Reformer Flow 1**
1pm	1:30-2:20 Ayumi **Control 1.5**	1:30-2:20 Yui **Center+Balance 1**	1:30-2:20 Naoko **Reformer Flow 1** (7/28 Ayumi)	1:00-1:50 Yukie **Reformer Flow 1** (7/1 Rie)	1:30-2:20 Rie **Center Balance 1**	1:30-2:20 Ami **Reformer flow 1**	1:30-2:20 Natsuki **Center+Balance 1.5**
2pm	2:30-3:20 Ayumi **Reformer Flow 1**	2:30-3:20 Yui **Reformer Flow 1.5**	2:30-3:00 Naoko **Intro** (7/28 Ayumi)	2:00-2:50 Rie **Center + Balance 1.5**	2:30-3:20 Rie **Reformer Flow 1**	2:30-3:20 Ami **Control 1.5**	2:30-3:20 Natsuki **Reformer Flow 1**
3pm			3:30-4:20 Naoko **Reformer Flow 1** (7/28 Ayumi)	3:00-3:50 Rie **Reformer Flow 1**	3:30-4:20 Rie **Reformer Flow 1** (7/2,7/16,7/30)		
4pm		4:00-4:50 Naoko **Reformer Flow 1**		4:00-4:50 Seiko **Cardio Sculpt 1** (7/1,7/8,7/15,7/22)			
5pm		5:00-5:50 Yumiko **Suspend 1.5**		5:00-5:50 Seiko **Reformer Flow 1** (7/1,7/8,7/15,7/22)			
6pm	6:00-6:50 Ami **Cardio Sculpt 1**	6:30-7:20 Yumiko **Cardio Sculpt 1.5**	6:00-6:50 Ami **Center + Balance 1**	6:00-6:50 Yumiko **Control 1.5**	6:30-7:20 Natsuki **Reformer Flow 1**		
7pm	7:00-7:50 Ami **Reformer Flow 1**	7:30-8:20 Yumiko **Reformer Flow 1**	7:00-7:50 Ami **Reformer Flow 1**	7:00-7:50 Yumiko **Reformer Flow 1**	7:30-8:20 Natsuki **Center+Balance 1**		
8pm	8:00-8:50 Ami **Center+Balance 1**		8:00-8:50 Ami **Reformer Flow 1.5**	8:00-8:50 Yumiko **Restore 1**			

※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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