

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am			7:30-8:20 Yumiko <b>CP Reformer Flow1</b>		7:30-8:20 Yuko <b>CP Center+Balance 1</b>		
8am	8:00-8:50 Ayumi <b>CP Reformer Flow 1</b>			8:00-8:50 Rie <b>CP Cardio Sculpt 1</b>		8:00-8:50 <b>CP Reformer Flow1</b> 11/14, 11/28 Ayumi 11/7, 11/21 Yuko	8:00-8:50 <b>CP Cardio Sculpt 1</b> 11/1 Yui 11/15 Yukie 11/29 Yumiko
9am	9:00-9:50 Ayumi <b>CP Center+Balance 1</b>	9:00-9:50 Yui <b>CP Reformer Flow1</b>	9:00-9:50 Yumiko <b>CP Reformer Flow 1.5</b>	9:00-9:50 Rie <b>CP Center+Balance 1</b>	9:00-9:50 Yuko <b>CP Reformer Flow1</b>	9:10-10:00 <b>CP Suspend 1.5</b> 11/14, 11/28 Ayumi 11/7, 11/21 Yuko	9:00-9:50 <b>CP Reformer Flow1</b> 11/1 Yui 11/8 Chisa 11/15, 11/22 Yukie 11/29 Yumiko
10am	10:00-10:50 Ayumi <b>CP Reformer Flow 1</b>	10:00-10:50 Yui <b>CP Center+Balance 1</b>		10:00-10:50 Rie <b>CP Reformer Flow 1.5</b>	10:30-11:00 Yui <b>Intro</b>	10:20-11:10 <b>CP Cardio Sculpt1</b> 11/14, 11/28 Ayumi 11/7, 11/21 Yuko	10:10-11:00 <b>Reformer Flow 1.5</b> 11/1 Yui 11/8 Chisa 11/15, 11/22 Yukie 11/29 Yumiko
11am	11:00-11:50 Ayumi <b>CP Cardio Sculpt1</b>	11:00-11:30 Yui <b>Intro</b>	11:00-11:50 Ayumi <b>CP Reformer Flow 1</b>	11:30-12:00 Yukie <b>Intro</b>	11:30-12:20 Yui <b>CP Cardio Sculpt 1</b>	11:30-12:00 Ami <b>Intro</b> 11/21 Yui	11:30-12:00 <b>Intro</b> 11/1 Yui 11/8 Chisa 11/15, 11/22 Yukie 11/29 Yumiko
12pm	12:30-1:00 Ayumi <b>Intro</b> 11/9,11/16 Yui	12:00-12:50 Yukie <b>CP Reformer Flow 1</b>	12:30-1:00 Ayumi <b>Intro</b>	12:30-1:20 Yukie <b>CP Reformer Flow 1</b>		12:30-1:20 Ami <b>CP Center+Balance 1</b> 11/21 Yui	12:30-1:20 Natsuki <b>CP Reformer Flow1</b>
1pm	1:30-2:20 Ayumi <b>CP Control 1.5</b> 11/9,11/16,11/30 Yui	1:00-1:50 Yukie <b>CP Center+Balance 1</b>	1:30-2:20 <b>CP Cardio Sculpt1</b> 11/11,11/18,11/25 Ayumi	1:30-2:20 Yukie <b>CP Center+Balance 1</b>	1:00-1:50 Rie <b>CP Reformer Flow1</b> 11/13 Chisa	1:40-2:30 Ami <b>CP Reformer Flow1</b> 11/21 Yui	1:40-2:30 Natsuki <b>CP Center+Balance 1</b>
2pm	2:30-3:20 Yui <b>CP Reformer Flow1</b> 11/9,11/16,11/30	2:00-2:50 Yukie <b>Reformer Flow 1.5</b>		2:30-3:20 Yukie <b>CP Reformer Flow1</b> 11/26	2:30-3:20 Rie <b>CP Center+Balance 1</b> 11/13 Chisa	3:00-3:50 Ami <b>CP Control 1.5</b> 11/21 Yui	
3pm		3:00-3:50 Yukie <b>CP Cardio Sculpt1</b> 11/3,11/17			3:30-4:20 Rie <b>CP Cardio Sculpt1</b> 11/6,11/20,11/27		
4pm		4:00-4:50 Yumiko <b>CP Reformer Flow1</b> 11/10,11/17,11/24					
5pm	5:00-5:30 Ami <b>Intro</b>	5:00-5:50 Yumiko <b>CP Suspend 1.5</b>	5:30-6:00 Ami <b>Intro</b> 11/11,11/25 Chisa	5:00-5:50 Ami <b>CP Control 1.5</b>			
6pm	6:00-6:50 Ami <b>CP Cardio Sculpt1</b>	6:30-7:00 Yumiko <b>Intro</b>	6:30-7:20 Ami <b>CP Reformer Flow1</b>	6:30-7:20 Ami <b>CP Cardio Sculpt1</b>	6:00-6:50 Natsuki <b>CP Reformer Flow1</b>		
7pm	7:00-7:50 Ami <b>CP Reformer Flow1</b>						
		7:30-8:20 Yumiko <b>CP Reformer Flow1</b>			7:30-8:20 Natsuki <b>CP Center+Balance 1</b>		
8pm	8:00-8:50 Ami <b>CP Center+Balance 1</b>		8:00-8:50 Ami <b>CP Control 1.5</b>	8:00-8:50 Ami <b>CP Reformer Flow1</b>		close	close