

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		7:30-8:20 Marina <b>Reformer Flow 1.5</b> (Naoko 8/10)	7:30-8:20 Yumiko <b>Reformer Flow 1.5</b>		7:30-8:20 Yuko <b>Center + Balance 1</b> Cardio Sculpt 1 (Ami 8/13)		7:30-8:20 Ami <b>Cardio Sculpt 1.5</b>
8am	8:00-8:50 Naoko <b>Reformer Flow 1</b>	8:30-9:20 Marina <b>Reformer Flow 1</b> (Naoko 8/10)	8:30-9:20 Yumiko <b>Center + Balance 1</b>	8:00-8:50 Ami <b>Reformer Flow 1</b>	8:30-9:20 Yuko <b>Reformer Flow 1.5</b> (Ami 8/13)	8:00-8:50 Yuko <b>Reformer Flow 1</b> (Ayumi 8/14)	8:30-9:20 Ami <b>F.I.T.1.5</b>
9am	9:00-9:50 Naoko <b>Reformer Flow 1</b>	9:30-10:20 Marina <b>Reformer Flow 1</b> (Naoko 8/10)	9:30-10:20 Yumiko <b>Reformer Flow 1.5</b>	9:00-9:50 Ami <b>Reformer Flow 1.5</b>	9:30-10:20 Yuko <b>F.I.T.1.5</b> (Ami 8/13)	9:00-9:50 Yuko <b>Suspend 1.5</b> (Ayumi 8/14)	9:30-10:20 Yukie <b>Reformer Flow 1</b> (Haruka 8/8) (8/22 開講なし)
10am	10:00-10:50 Ayumi <b>Reformer Flow 1.5</b>	10:30-11:20 Ayano <b>Center+Balance 1</b>	10:30-11:20 Ayumi <b>Center + Balance 1</b>	10:00-10:50 Ami <b>Cardio Sculpt 1.5</b>	10:30-11:00 Seiko <b>Intro</b> (Yuki 8/6) (Eri 8/20)	10:00-10:50 Yuko <b>Restore 1</b> Center + Balance 1 (8/14,8/28) (Ayumi 8/14)	10:30-11:00 Yukie <b>Reformer Flow 1.5</b> Reformer Flow 1.0 (Haruka 8/8) (8/22 開講なし)
11am	11:00-11:50 Ayumi <b>Cardio Sculpt 1</b> Cardio Sculpt 1.5 (8/16,8/23,8/30)	11:30-12:20 Ayano <b>Reformer Flow 1.5</b>	11:30-12:20 Ayumi <b>Reformer Flow 1.5</b>	11:00-11:50 Yukie <b>Reformer Flow 1</b>	11:30-12:20 Seiko <b>Cardio Sculpt 1</b> (Yuki 8/6) (Eri 8/20)	11:30-12:00 Yuko <b>Intro</b> (Ayumi 8/14)	11:30-12:20 Yukie <b>Restore 1</b> Cardio Sculpt 1.5 (Haruka 8/8) (8/22 開講なし)
12pm	12:30-1:20 Ayumi <b>Center+Balance 1</b>	12:30-1:00 Ayano <b>Intro</b>	12:30-1:20 Ayumi <b>Cardio Sculpt 1</b> Cardio Sculpt 1.5 (8/18,8/25)	12:00-12:50 Yukie <b>Center Balance 1</b>	12:30-1:20 Seiko <b>Reformer Flow 1.5</b> (Yuki 8/6) (Eri 8/20)	12:30-1:20 Ami <b>Center + Balance 1</b>	12:30-1:20 Natsuki <b>Reformer Flow 1</b> (Yukie 8/1)
1pm	1:30-2:20 Ayumi <b>Control 1.5</b>	1:30-2:20 Ayano <b>F.I.T.1.5</b>	1:30-2:20 Ayumi <b>Reformer Flow 1</b>	1:00-1:50 Yukie <b>Reformer Flow 1</b>	1:30-2:20 Rie <b>Center Balance 1</b>	1:30-2:20 Ami <b>Reformer flow 1</b>	1:30-2:20 Natsuki <b>Center Balance 1.5</b> (8/1 開講なし)
2pm	2:30-3:20 Ayumi <b>Reformer Flow 1</b>	2:30-3:20 Ayano <b>Cardio Sculpt 1</b>	2:30-3:00 Naoko <b>Intro</b> (Ayumi 8/11)	2:00-2:50 Seiko <b>F.I.T.1.5</b>	2:30-3:20 Rie <b>Reformer Flow 1</b>	2:30-3:20 Ami <b>Control 1.5</b>	2:30-3:20 Natsuki <b>Reformer Flow 1</b> (8/1 開講なし)
3pm	3:30-4:20 Ami <b>Reformer Flow 1.5</b>	3:30-4:20 Naoko <b>Reformer Flow 1</b>	3:30-4:20 Naoko <b>Reformer Flow 1</b>	3:00-3:50 Seiko <b>Center Balance 1</b>	3:30-4:20 Rie <b>Reformer Flow 1.5</b>		
4pm	4:30-5:20 Ami <b>Center+Balance 1</b>	4:30-5:20 Naoko <b>Reformer Flow 1</b>	4:30-5:20 Naoko <b>Reformer Flow 1.5</b>	4:00-4:50 Seiko <b>Reformer Flow 1.5</b>			
5pm		5:30-6:20 Yumiko <b>Suspend 1.5</b>		5:00-5:50 Ayano <b>Reformer Flow 1.5</b>	5:00-5:50 Haruka <b>Reformer Flow 1</b>		
6pm	6:00-6:50 Haruka <b>Cardio Sculpt 1.5</b>	6:30-7:20 Yumiko <b>Cardio Sculpt 1.5</b>	6:00-6:50 Ami <b>Center + Balance 1</b>	6:00-6:30 Ayano <b>Intro</b>	6:00-6:50 Haruka <b>Reformer Flow 1</b>		
7pm	7:00-7:30 Haruka <b>Intro</b>	7:30-8:20 Yumiko <b>Reformer Flow 1</b>	7:00-7:50 Ami <b>Reformer Flow 1</b>	7:00-7:50 Ayano <b>F.I.T.1.5</b>	7:00-7:30 Haruka <b>Intro</b>		
8pm	8:00-8:50 Haruka <b>Reformer Flow 1</b>		8:00-8:50 Ami <b>Reformer Flow 1.5</b>	8:00-8:50 Ayano <b>Cardio Sculpt 1</b>	8:00-8:50 Haruka <b>Cardio Sculpt 1.5</b>	close	close