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8:15-8:45

CORE

バーチャルレッスン(無料):  Lesmills  HF24  Radical

有人レッスン(有料)： **S** ¥660 **A** ¥550 **B** ¥440 **C** ¥330

**12日(月)は特別スケジュールとなります。詳細は別紙をご確認ください。**

# 特別スケジュール

| 10/12 <sup>MON</sup> |                                                       |                                |                                |       |
|----------------------|-------------------------------------------------------|--------------------------------|--------------------------------|-------|
| STUDIO<br>A          | STUDIO<br>B                                           | STUDIO<br>C                    |                                |       |
| 0:00                 |                                                       |                                | 0:00                           |       |
| 0:15                 | UBOUND<br>0:00-0:30                                   |                                | BODY<br>BALANCE<br>0:00-0:45   | 0:15  |
| 0:30                 |                                                       | DANCE<br>0:15-1:00             |                                | 0:30  |
| 0:45                 |                                                       |                                |                                | 0:45  |
| 1:00                 | FIGHT DO<br>0:45-1:15                                 |                                | BODY<br>PUMP<br>1:00-1:30      | 1:00  |
| 1:15                 |                                                       | BODY<br>ATTACK<br>1:15-2:00    |                                | 1:15  |
| 1:30                 |                                                       |                                |                                | 1:30  |
| 1:45                 | POWER<br>1:30-2:00                                    |                                | BODY<br>COMBAT<br>1:45-2:15    | 1:45  |
| 2:00                 |                                                       |                                |                                | 2:00  |
| 2:15                 |                                                       |                                |                                | 2:15  |
| 2:30                 | AERO<br>2:15-2:45                                     | BODY<br>BALANCE<br>2:15-3:00   | BODY<br>ATTACK<br>2:30-3:00    | 2:30  |
| 2:45                 |                                                       |                                |                                | 2:45  |
| 3:00                 | MEGADANZ<br>3:00-3:30                                 |                                |                                | 3:00  |
| 3:15                 |                                                       | BODY<br>COMBAT<br>3:15-4:00    | BODY<br>BALANCE<br>3:15-4:00   | 3:15  |
| 3:30                 |                                                       |                                |                                | 3:30  |
| 3:45                 |                                                       |                                |                                | 3:45  |
| 4:00                 | UBOUND<br>3:45-4:15                                   |                                |                                | 4:00  |
| 4:15                 |                                                       |                                |                                | 4:15  |
| 4:30                 | HYPERC<br>4:30-5:00                                   | DANCE<br>4:15-5:00             | BODY<br>PUMP<br>4:15-4:45      | 4:30  |
| 4:45                 |                                                       |                                |                                | 4:45  |
| 5:00                 |                                                       |                                | BODY<br>COMBAT<br>5:00-5:30    | 5:00  |
| 5:15                 | MEGADANZ<br>5:15-5:45                                 | BODY<br>ATTACK<br>5:15-6:00    |                                | 5:15  |
| 5:30                 |                                                       |                                |                                | 5:30  |
| 5:45                 |                                                       |                                | BODY<br>BALANCE<br>5:45-6:30   | 5:45  |
| 6:00                 | POWER<br>6:00-6:30                                    |                                |                                | 6:00  |
| 6:15                 |                                                       | CORE<br>6:15-6:45              |                                | 6:15  |
| 6:30                 |                                                       |                                |                                | 6:30  |
| 6:45                 | MEGADANZ<br>6:45-7:15                                 |                                | BODY<br>COMBAT<br>6:45-7:15    | 6:45  |
| 7:00                 |                                                       | BODY<br>ATTACK<br>7:00-7:45    |                                | 7:00  |
| 7:15                 |                                                       |                                | BODY<br>PUMP<br>7:30-8:00      | 7:15  |
| 7:30                 | UBOUND<br>7:30-8:00                                   |                                |                                | 7:30  |
| 7:45                 |                                                       |                                |                                | 7:45  |
| 8:00                 |                                                       | DANCE<br>8:00-8:45             |                                | 8:00  |
| 8:15                 | HYPERC<br>8:15-8:45                                   |                                | CORE<br>8:15-8:45              | 8:15  |
| 8:30                 |                                                       |                                |                                | 8:30  |
| 8:45                 |                                                       |                                |                                | 8:45  |
| 9:00                 | OXIGENO<br>9:00-9:30                                  | BODY<br>ATTACK<br>9:00-9:45    | BODY<br>BALANCE<br>9:00-9:45   | 9:00  |
| 9:15                 |                                                       |                                |                                | 9:15  |
| 9:30                 |                                                       |                                |                                | 9:30  |
| 9:45                 |                                                       |                                |                                | 9:45  |
| 10:00                | POWER<br>9:45-10:15                                   |                                | BODY<br>COMBAT<br>10:00-10:30  | 10:00 |
| 10:15                |                                                       |                                |                                | 10:15 |
| 10:30                |                                                       | カラダほぐし<br>ストレッチ<br>10:25-11:00 |                                | 10:30 |
| 10:45                | MEGADANZ<br>10:30-11:00                               |                                | BODY<br>ATTACK<br>10:45-11:15  | 10:45 |
| 11:00                |                                                       |                                |                                | 11:00 |
| 11:15                |                                                       | お腹&お尻<br>トレーニング<br>11:15-11:40 |                                | 11:15 |
| 11:30                | POWER<br>11:15-11:45                                  |                                | BODY<br>BALANCE<br>11:30-12:15 | 11:30 |
| 11:45                |                                                       |                                |                                | 11:45 |
| 12:00                | AERO<br>12:00-12:30                                   | 美姿勢<br>ヨガ<br>11:55-12:40       |                                | 12:00 |
| 12:15                |                                                       |                                | DANCE<br>12:30-13:00           | 12:15 |
| 12:30                |                                                       |                                |                                | 12:30 |
| 12:45                |                                                       |                                |                                | 12:45 |
| 13:00                | SP<br>Lesmills<br>フォームレッスン<br>尾花 優<br>13:00-14:00     | 立位姿勢改善<br>ピラティス<br>12:55-13:40 | BODY<br>COMBAT<br>13:15-13:45  | 13:00 |
| 13:15                |                                                       |                                |                                | 13:15 |
| 13:30                |                                                       | 美尻<br>エクササイズ<br>13:55-14:25    | BODY<br>ATTACK<br>14:00-14:30  | 13:30 |
| 13:45                |                                                       |                                |                                | 13:45 |
| 14:00                | SP<br>BODYPUMP<br>TEC & マスター<br>尾花 優<br>14:15-15:45   | 初級<br>ステップ<br>14:40-15:15      | CORE<br>14:45-15:15            | 14:00 |
| 14:15                |                                                       |                                |                                | 14:15 |
| 14:30                |                                                       | 背骨<br>ストレッチ<br>15:30-16:00     | BODY<br>COMBAT<br>15:30-16:00  | 14:30 |
| 14:45                |                                                       |                                |                                | 14:45 |
| 15:00                |                                                       |                                |                                | 15:00 |
| 15:15                |                                                       |                                |                                | 15:15 |
| 15:30                |                                                       |                                |                                | 15:30 |
| 15:45                |                                                       |                                |                                | 15:45 |
| 16:00                | SP<br>BODYCOMBAT<br>TEC & マスター<br>尾花 優<br>16:00-17:30 | リフレッシュ<br>ヨガ<br>16:15-17:00    | BODY<br>PUMP<br>16:15-16:45    | 16:00 |
| 16:15                |                                                       |                                |                                | 16:15 |
| 16:30                |                                                       |                                | BODY<br>ATTACK<br>17:00-17:30  | 16:30 |
| 16:45                |                                                       |                                |                                | 16:45 |
| 17:00                |                                                       |                                |                                | 17:00 |
| 17:15                |                                                       |                                |                                | 17:15 |
| 17:30                |                                                       | BODY<br>BALANCE<br>17:30-18:30 |                                | 17:30 |
| 17:45                |                                                       |                                | CORE<br>17:45-18:15            | 17:45 |
| 18:00                | FIGHT DO<br>18:00-18:30                               |                                |                                | 18:00 |
| 18:15                |                                                       |                                |                                | 18:15 |
| 18:30                |                                                       |                                | BODY<br>COMBAT<br>18:30-19:15  | 18:30 |
| 18:45                |                                                       |                                |                                | 18:45 |
| 19:00                | POWER<br>18:45-19:45                                  | DANCE<br>18:45-19:15           |                                | 19:00 |
| 19:15                |                                                       |                                | BODY<br>ATTACK<br>19:30-20:00  | 19:15 |
| 19:30                |                                                       |                                |                                | 19:30 |
| 19:45                |                                                       |                                |                                | 19:45 |
| 20:00                | AERO<br>20:00-20:30                                   |                                | BODY<br>PUMP<br>20:15-20:45    | 20:00 |
| 20:15                |                                                       |                                |                                | 20:15 |
| 20:30                |                                                       | DANCE<br>20:30-21:00           |                                | 20:30 |
| 20:45                | FIGHT DO<br>20:45-21:15                               |                                |                                | 20:45 |
| 21:00                |                                                       |                                | BODY<br>ATTACK<br>21:00-21:30  | 21:00 |
| 21:15                |                                                       |                                |                                | 21:15 |
| 21:30                | UBOUND<br>21:30-22:00                                 | BODY<br>BALANCE<br>21:15-22:00 |                                | 21:30 |
| 21:45                |                                                       |                                | DANCE<br>21:45-22:15           | 21:45 |
| 22:00                |                                                       |                                |                                | 22:00 |
| 22:15                | OXIGENO<br>22:15-23:00                                | BODY<br>COMBAT<br>22:15-23:00  | BODY<br>PUMP<br>22:30-23:00    | 22:15 |
| 22:30                |                                                       |                                |                                | 22:30 |
| 22:45                |                                                       |                                |                                | 22:45 |
| 23:00                |                                                       |                                |                                | 23:00 |
| 23:15                | FIGHT DO<br>23:15-23:45                               | CORE<br>23:15-24:00            | BODY<br>ATTACK<br>23:15-24:00  | 23:15 |
| 23:30                |                                                       |                                |                                | 23:30 |
| 23:45                |                                                       |                                |                                | 23:45 |
| 24:00                |                                                       |                                |                                | 24:00 |

パーソナルレッスン(無料) : Lesmills HF24 Radical

有入レッスン(有料) : SP ¥1100 S ¥660 A ¥550 B ¥440 C ¥330