

# 4月レッスンスケジュール

	MON			TUE			WED			THU			FRI			SAT			SUN		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
0:00																					
0:15	UBOUND		BODYBALANCE	AERO	BODYBALANCE	BODYPUMP	HYPER C	BODYCOMBAT	BODYATTACK	FIGHT DO	BODYPUMP	AERO	BODYBALANCE		POWER	MEGADANZ	BODYATTACK				
0:30		DANCE																			
0:45																					
1:00	FIGHT DO		BODYPUMP	UBOUND	BODYCOMBAT	BODYATTACK	AERO	UBOUND	UBOUND	UBOUND	UBOUND	FIGHT DO	UBOUND	UBOUND	HYPER C		MEGADANZ	FIGHT DO			
1:15																					
1:30	POWER	BODYATTACK		FIGHT DO	BODYPUMP	BODYATTACK	POWER	POWER	POWER	AERO	POWER	POWER	POWER	POWER	UBOUND	BODYCOMBAT		HYPER C			
1:45																					
2:00																					
2:15	MEGADANZ	BODYBALANCE	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	MEGADANZ	
2:30																					
2:45																					
3:00																					
3:15																					
3:30																					
3:45																					
4:00	UBOUND	HYPER C	HYPER C	MEGADANZ	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	HYPER C	
4:15																					
4:30																					
4:45																					
5:00																					
5:15	MEGADANZ	BODYATTACK	BODYCOMBAT	AERO	BODYCOMBAT	BODYATTACK	POWER	POWER	POWER	MEGADANZ	MEGADANZ	AERO	POWER	POWER	UBOUND	BODYCOMBAT	BODYATTACK	POWER	MEGADANZ	BODYATTACK	
5:30																					
5:45																					
6:00	POWER	CORE	BODYCOMBAT	FIGHT DO	BODYATTACK	BODYCOMBAT	POWER	POWER	POWER	FIGHT DO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
6:15																					
6:30																					
6:45																					
7:00	MEGADANZ	BODYATTACK	BODYCOMBAT	MEGADANZ	MEGADANZ	MEGADANZ	AERO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
7:15																					
7:30																					
7:45																					
8:00	AERO	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
8:15																					
8:30																					
8:45																					
9:00																					
9:15	POWER	BODYATTACK	BODYCOMBAT	POWER	BODYCOMBAT	BODYATTACK	POWER	POWER	POWER	UBOUND	UBOUND	AERO	POWER	POWER	UBOUND	BODYCOMBAT	BODYATTACK	POWER	MEGADANZ	BODYATTACK	
9:30																					
9:45																					
10:00	AERO	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
10:15																					
10:30																					
10:45																					
11:00	MEGADANZ	BODYATTACK	BODYCOMBAT	MEGADANZ	MEGADANZ	MEGADANZ	AERO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
11:15																					
11:30																					
11:45																					
12:00	OXIGENO	BODYATTACK	BODYCOMBAT	OXIGENO	OXIGENO	OXIGENO	AERO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
12:15																					
12:30																					
12:45																					
13:00	FIGHT DO	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
13:15																					
13:30																					
13:45																					
14:00	UBOUND	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
14:15																					
14:30																					
14:45																					
15:00	MEGADANZ	BODYATTACK	BODYCOMBAT	MEGADANZ	MEGADANZ	MEGADANZ	AERO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
15:15																					
15:30																					
15:45																					
16:00	FIGHT DO	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
16:15																					
16:30																					
16:45																					
17:00	OXIGENO	BODYATTACK	BODYCOMBAT	OXIGENO	OXIGENO	OXIGENO	AERO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
17:15																					
17:30																					
17:45																					
18:00	MEGADANZ	BODYATTACK	BODYCOMBAT	MEGADANZ	MEGADANZ	MEGADANZ	AERO	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	POWER	
18:15																					
18:30																					
18:45																					
19:00	BODY PUMP	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
19:15																					
19:30																					
19:45																					
20:00	BODY COMBAT	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
20:15																					
20:30																					
20:45																					
21:00	UBOUND	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
21:15																					
21:30																					
21:45																					
22:00	FIGHT DO	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
22:15																					
22:30																					
22:45																					
23:00	HYPER C	HYPER C	HYPER C	UBOUND	HYPER C	HYPER C	UBOUND	UBOUND	UBOUND	AERO	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	UBOUND	
23:15																					
23:30																					
23:45																					
24:00																					

■ ・レズミズズ[VR] 
 ■ ・ラディカル[VR] 
 ■ ・HF24[VR] 
 ・バーチャルレッスン[無料]

29日(水)は祝日スケジュールとなります。詳細は別紙をご確認ください。

S 660円 
 A 550円 
 B 440円 
 C 330円 
 D 220円 
 E 110円

# 祝日スケジュール

		4/29 WED				
		STUDIO A	STUDIO B	STUDIO C		
0:00	0:15	HYPER C 0:00-0:30		BODYATTACK	0:15	0:30
0:30	0:45		BODYCOMBAT 0:15-1:00	DANCE 00:30-1:00	0:45	1:00
1:00	1:15	AERO 0:45-1:15			1:15	1:30
1:30	1:45	POWER 1:30-2:00	BODYATTACK 1:15-2:00	BODYBALANCE 1:15-2:00	1:45	2:00
2:00	2:15				2:15	2:30
2:30	2:45	UBOUND 2:15-2:45	DANCE 2:15-3:00	BODYCOMBAT 2:15-2:45	2:45	3:00
3:00	3:15	MEGADANZ 3:00-3:30		BODYPUMP 3:00-3:30	3:15	3:30
3:30	3:45		BODYBALANCE 3:15-4:00		3:45	4:00
4:00	4:15	HYPER C 3:45-4:15		BODYATTACK 3:45-4:15	4:15	4:30
4:30	4:45	POWER 4:30-5:00	BODYCOMBAT 4:15-5:00	DANCE 4:30-5:00	4:45	5:00
5:00	5:15				5:15	5:30
5:30	5:45	UBOUND 5:15-5:45	DANCE 5:15-6:00	BODYATTACK 5:15-5:45	5:45	6:00
6:00	6:15	POWER 6:00-6:30		CORE 6:00-6:30	6:15	6:30
6:30	6:45		BODYCOMBAT 6:15-7:00		6:45	7:00
7:00	7:15	AERO 6:45-7:15		BODYCOMBAT 6:45-7:15	7:15	7:30
7:30	7:45		BODYBALANCE 7:15-8:00	BODYPUMP 7:30-8:00	7:45	8:00
8:00	8:15				8:15	8:30
8:30	8:45	MEGADANZ 8:15-8:45	CORE 8:15-8:45	BODYATTACK 8:15-8:45	8:45	9:00
9:00	9:15			BODYPUMP 9:00-9:30	9:15	9:30
9:30	9:45	FIGHT DO 9:00-9:45	DANCE 9:00-9:45		9:45	10:00
10:00	10:15			CORE 9:45-10:15	10:00	10:15
10:15	10:30	ヨガでリフレッシュ MAYUMI 10:00-10:45			10:30	10:45
10:30	10:45		くびれ美人ヨガ 10:30-11:15	BODYCOMBAT 10:30-11:00	10:45	11:00
11:00	11:15				11:15	11:30
11:30	11:45	ZUMBA MACHIKO 11:00-12:00	リフレッシュ ヨガ 11:30-12:05	BODYPUMP 11:15-11:45	11:45	12:00
12:00	12:15			DANCE 12:00-12:30	12:15	12:30
12:30	12:45	AERO 12:30-13:00	優しい ストレッチ 12:20-12:55		12:45	13:00
13:00	13:15			BODYCOMBAT 12:45-13:15	13:00	13:15
13:15	13:30		立位姿勢 改善ピラティス 13:10-13:55		13:30	13:45
13:30	13:45	BODY PUMP Heero 13:15-14:15		BODYBALANCE 13:30-14:15	13:45	14:00
14:00	14:15		美尻 エクササイズ 14:10-14:40		14:15	14:30
14:30	14:45			CORE 14:30-15:00	14:45	15:00
15:00	15:15	BODY ATTACK Heero 14:30-15:30	初中级 ステップ 14:55-15:45	DANCE 15:15-15:45	15:15	15:30
15:30	15:45				15:45	16:00
16:00	16:15	BODY COMBAT Heero 15:45-16:45	中級エアロ 16:00-16:50	BODYCOMBAT 16:00-16:30	16:15	16:30
16:30	16:45				16:45	17:00
17:00	17:15			CORE 16:45-17:15	17:00	17:15
17:15	17:30				17:15	17:30
17:30	17:45	ZUMBA YUUKA 17:15-18:15		BODYCOMBAT 17:30-18:15	17:45	18:00
18:00	18:15			BODYBALANCE 17:30-18:15	18:00	18:15
18:15	18:30				18:15	18:30
18:30	18:45	カラダスキャン セルフマッサージ YUUKA 18:30-19:00		DANCE 18:30-19:00	18:45	19:00
19:00	19:15			BODYBALANCE 18:30-19:15	19:00	19:15
19:15	19:30				19:15	19:30
19:30	19:45			BODYATTACK 19:15-19:45	19:30	19:45
19:45	20:00	UBOUND 19:30-20:15		BODYPUMP 19:30-20:15	19:45	20:00
20:00	20:15				20:00	20:15
20:15	20:30			BODYCOMBAT 20:00-21:00	20:15	20:30
20:30	20:45				20:30	20:45
20:45	21:00	AERO 20:30-21:15		CORE 20:30-21:00	20:45	21:00
21:00	21:15				21:00	21:15
21:15	21:30			BODYCOMBAT 21:15-22:00	21:15	21:30
21:30	21:45	POWER 21:30-22:15		BODYATTACK 21:15-22:00	21:45	22:00
22:00	22:15				22:00	22:15
22:15	22:30		DANCE 22:15-23:00	CORE 22:15-22:45	22:15	22:30
22:30	22:45	OXIGENO 22:30-23:00			22:45	23:00
23:00	23:15			BODYATTACK 23:00-23:30	23:00	23:15
23:15	23:30	UBOUND 23:15-23:45	CORE 23:15-23:45		23:15	23:30
23:30	23:45			BODYPUMP	23:45	24:00

・レズミルズ[VR]
  ・ラディカル[VR]
  ・HF24[VR]
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