



# 特別スケジュール

	12/31 TUE				1/1 WED				1/2 THU				1/3 FRI				
	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO A	STUDIO B	STUDIO C	STUDIO D	
0:00																	0:00
0:15	LEVEL UP BODYPUMP	DANCE	sprint	AERO	LEVEL UP BODYATTACK	LEVEL UP BODYCOMBAT		HYPER C	LEVEL UP BODYPUMP	LEVEL UP BODYBALANCE		FIGHT DO	LEVEL UP BODYATTACK	SHRIM		AERO	0:15
0:30																	0:30
0:45		barre					THE TRIP										0:45
1:00	LEVEL UP BODYCOMBAT		THE TRIP	LEVEL UP UBOUND	LEVEL UP BODYPUMP	GRIT		AERO	LEVEL UP BODYCOMBAT			UBOUND	LEVEL UP BODYPUMP	barre		FIGHT DO	1:00
1:15																	1:15
1:30	LEVEL UP BODYATTACK	LEVEL UP CORE			LEVEL UP CORE	LEVEL UP THE TRIP		POWER	LEVEL UP SHRIM	LEVEL UP THE TRIP		AERO	LEVEL UP BODYCOMBAT	LEVEL UP CORE		POWER	1:30
1:45																	1:45
2:00		GRIT	sprint		LEVEL UP BODYBALANCE				LEVEL UP BODYBALANCE		barre	sprint			THE TRIP		2:00
2:15																	2:15
2:30	LEVEL UP BODYBALANCE			MEGADANZ	LEVEL UP BODYCOMBAT	barre	RPM		LEVEL UP BODYPUMP			MEGADANZ	LEVEL UP BODYBALANCE	LEVEL UP SHRIM		UBOUND	2:30
2:45																	2:45
3:00	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM	THE TRIP		LEVEL UP POWER	LEVEL UP DANCE	sprint	FIGHT DO	LEVEL UP BODYATTACK	LEVEL UP SHRIM	LEVEL UP THE TRIP		HYPER C	barre		MEGADANZ	3:00
3:15																	3:15
3:30		barre	RPM		LEVEL UP MEGADANZ		GRIT	LEVEL UP THE TRIP	LEVEL UP BODYATTACK	LEVEL UP SHRIM	LEVEL UP RPM	AERO	LEVEL UP BODYPUMP	LEVEL UP GRIT	LEVEL UP THE TRIP	HYPER C	3:30
3:45																	3:45
4:00	LEVEL UP BODYBALANCE	LEVEL UP SHRIM	sprint		LEVEL UP BODYATTACK	LEVEL UP SHRIM	LEVEL UP THE TRIP		LEVEL UP BODYCOMBAT	LEVEL UP CORE		AERO	LEVEL UP BODYATTACK	LEVEL UP GRIT	LEVEL UP THE TRIP	HYPER C	4:00
4:15																	4:15
4:30	LEVEL UP BODYBALANCE	LEVEL UP SHRIM		UBOUND	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM	sprint		LEVEL UP BODYPUMP	LEVEL UP CORE		AERO	LEVEL UP BODYATTACK	LEVEL UP CORE	sprint	FIGHT DO	4:30
4:45																	4:45
5:00	LEVEL UP BODYPUMP	LEVEL UP CORE	THE TRIP	AERO	LEVEL UP BODYBALANCE		barre		LEVEL UP UBOUND	DANCE	sprint	FIGHT DO	LEVEL UP BODYBALANCE	LEVEL UP SHRIM	THE TRIP	AERO	5:00
5:15																	5:15
5:30	LEVEL UP BODYATTACK	LEVEL UP GRIT	RPM	LEVEL UP FIGHT DO	LEVEL UP BODYBALANCE	LEVEL UP THE TRIP		MEGADANZ	LEVEL UP BODYBALANCE	barre		UBOUND	LEVEL UP BODYATTACK	LEVEL UP SHRIM	THE TRIP	POWER	5:30
5:45																	5:45
6:00	LEVEL UP BODYCOMBAT	barre		UBOUND	LEVEL UP BODYPUMP	LEVEL UP RPM		GRIT	LEVEL UP BODYATTACK	LEVEL UP CORE		POWER	LEVEL UP BODYCOMBAT	LEVEL UP BODYBALANCE	RPM	FIGHT DO	6:00
6:15																	6:15
6:30		barre			LEVEL UP BODYATTACK	LEVEL UP RPM		GRIT	LEVEL UP BODYATTACK	LEVEL UP CORE		POWER	LEVEL UP BODYCOMBAT	LEVEL UP BODYBALANCE	RPM	FIGHT DO	6:30
6:45																	6:45
7:00	LEVEL UP BODYPUMP	LEVEL UP SHRIM		HYPER C	LEVEL UP BODYBALANCE	barre	sprint		LEVEL UP BODYCOMBAT	LEVEL UP CORE		AERO	LEVEL UP BODYATTACK	LEVEL UP GRIT	LEVEL UP THE TRIP	UBOUND	7:00
7:15																	7:15
7:30	LEVEL UP BODYATTACK	LEVEL UP SHRIM		HYPER C	LEVEL UP BODYBALANCE	barre	sprint		LEVEL UP BODYCOMBAT	LEVEL UP CORE		AERO	LEVEL UP BODYATTACK	LEVEL UP GRIT	LEVEL UP THE TRIP	UBOUND	7:30
7:45																	7:45
8:00	LEVEL UP BODYBALANCE	LEVEL UP CORE	sprint	MEGADANZ	LEVEL UP BODYATTACK	LEVEL UP SHRIM	THE TRIP	FIGHT DO	LEVEL UP BODYPUMP	LEVEL UP CORE		GRIT	LEVEL UP BODYCOMBAT	LEVEL UP CORE	THE TRIP	HYPER C	8:00
8:15																	8:15
8:30		barre			LEVEL UP BODYATTACK	LEVEL UP SHRIM	THE TRIP	FIGHT DO	LEVEL UP BODYPUMP	LEVEL UP CORE		GRIT	LEVEL UP BODYCOMBAT	LEVEL UP CORE	THE TRIP	HYPER C	8:30
8:45																	8:45
9:00	LEVEL UP BODYCOMBAT	LEVEL UP THE TRIP	UBOUND	LEVEL UP BODYBALANCE	LEVEL UP BODYPUMP	sprint		UBOUND	LEVEL UP BODYPUMP	LEVEL UP THE TRIP		UBOUND	LEVEL UP BODYATTACK	LEVEL UP SHRIM	AERO	9:00	
9:15																	9:15
9:30		LEVEL UP BODYPUMP															9:30
9:45																	9:45
10:00	LEVEL UP BODYATTACK		sprint	AERO	LEVEL UP BODYCOMBAT	LEVEL UP THE TRIP		AERO	LEVEL UP BODYBALANCE	LEVEL UP CORE		HYPER C	LEVEL UP BODYBALANCE	LEVEL UP BODYCOMBAT		UBOUND	10:00
10:15																	10:15
10:30		LEVEL UP BODYBALANCE							barre				LEVEL UP BODYPUMP	LEVEL UP SHRIM	RPM	HYPER C	10:30
10:45																	10:45
11:00		LEVEL UP BODYPUMP		FIGHT DO	LEVEL UP BODYATTACK	LEVEL UP RPM		HYPER C	LEVEL UP BODYATTACK	LEVEL UP CORE		AERO	LEVEL UP BODYPUMP	LEVEL UP BODYBALANCE		HYPER C	11:00
11:15																	11:15
11:30	LEVEL UP BODYBALANCE	LEVEL UP BODYCOMBAT			LEVEL UP BODYATTACK	LEVEL UP RPM		MEGADANZ	LEVEL UP BODYATTACK	LEVEL UP CORE		MEGADANZ	LEVEL UP BODYCOMBAT	LEVEL UP THE TRIP	LEVEL UP MEGADANZ		11:30
11:45																	11:45
12:00		barre	sprint		LEVEL UP BODYATTACK	LEVEL UP THE TRIP		UBOUND	LEVEL UP BODYPUMP	LEVEL UP CORE		FIGHT DO	LEVEL UP BODYATTACK	LEVEL UP CORE	sprint	UBOUND	12:00
12:15																	12:15
12:30	LEVEL UP BODYPUMP				LEVEL UP BODYBALANCE		sprint		LEVEL UP BODYBALANCE	LEVEL UP BODYCOMBAT		THE TRIP	LEVEL UP BODYATTACK	LEVEL UP SHRIM		UBOUND	12:30
12:45																	12:45
13:00		DANCE			barre								LEVEL UP BODYBALANCE		LEVEL UP RPM	FIGHT DO	13:00
13:15																	13:15
13:30	LEVEL UP BODYCOMBAT	LEVEL UP THE TRIP							LEVEL UP BODYATTACK	DANCE	sprint		LEVEL UP BODYBALANCE	LEVEL UP BODYCOMBAT		FIGHT DO	13:30
13:45																	13:45
14:00	LEVEL UP BODYATTACK		UBOUND	LEVEL UP BODYBALANCE	LEVEL UP BODYATTACK			MEGADANZ	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM		UBOUND	LEVEL UP BODYPUMP	LEVEL UP SHRIM		AERO	14:00
14:15																	14:15
14:30		barre	LEVEL UP RPM		LEVEL UP CORE	LEVEL UP THE TRIP		FIGHT DO	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM		AERO	LEVEL UP BODYBALANCE	LEVEL UP THE TRIP		HYPER C	14:30
14:45																	14:45
15:00	LEVEL UP BODYBALANCE			HYPER C	LEVEL UP BODYATTACK				LEVEL UP BODYPUMP	LEVEL UP CORE		AERO	LEVEL UP BODYBALANCE	barre		UBOUND	15:00
15:15																	15:15
15:30	LEVEL UP BODYPUMP	LEVEL UP SHRIM	LEVEL UP RPM		barre	sprint			LEVEL UP BODYCOMBAT	LEVEL UP GRIT	LEVEL UP RPM		LEVEL UP BODYCOMBAT	LEVEL UP GRIT		UBOUND	15:30
15:45																	15:45
16:00	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM	LEVEL UP RPM		barre	sprint			LEVEL UP BODYCOMBAT	LEVEL UP GRIT	LEVEL UP RPM		LEVEL UP BODYCOMBAT	LEVEL UP GRIT		UBOUND	16:00
16:15																	16:15
16:30	LEVEL UP BODYCOMBAT	LEVEL UP CORE	THE TRIP		LEVEL UP CORE	LEVEL UP THE TRIP		HYPER C	LEVEL UP BODYATTACK	LEVEL UP SHRIM		THE TRIP	LEVEL UP BODYATTACK	LEVEL UP SHRIM		POWER	16:30
16:45																	16:45
17:00	LEVEL UP BODYATTACK	LEVEL UP GRIT	sprint		LEVEL UP BODYATTACK	LEVEL UP GRIT		HYPER C	LEVEL UP BODYPUMP	LEVEL UP CORE		MEGADANZ	LEVEL UP BODYBALANCE	LEVEL UP CORE	LEVEL UP THE TRIP	MEGADANZ	17:00
17:15																	17:15
17:30	LEVEL UP BODYATTACK	LEVEL UP GRIT	sprint	FIGHT DO	LEVEL UP BODYATTACK	LEVEL UP GRIT		MEGADANZ	LEVEL UP BODYPUMP	LEVEL UP CORE		UBOUND	LEVEL UP BODYATTACK	LEVEL UP SHRIM		AERO	17:30
17:45																	17:45
18:00	LEVEL UP BODYBALANCE	LEVEL UP BODYATTACK			LEVEL UP BODYBALANCE				LEVEL UP BODYATTACK	LEVEL UP SHRIM		UBOUND	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM	THE TRIP	UBOUND	18:00
18:15																	18:15
18:30		LEVEL UP BODYCOMBAT			LEVEL UP BODYATTACK	LEVEL UP SHRIM		POWER	LEVEL UP BODYPUMP	LEVEL UP CORE		FIGHT DO	LEVEL UP BODYCOMBAT	LEVEL UP SHRIM		AERO	18:30
18:45																	18:45
19:00	LEVEL UP BODYPUMP	LEVEL UP BODYCOMBAT			LEVEL UP BODYATTACK	barre			LEVEL UP BODYBALANCE	LEVEL UP BODYCOMBAT		UBOUND	LEVEL UP BODYPUMP	LEVEL UP RPM		FIGHT DO	19:00
19:15																	19:15
19:30	LEVEL UP BODYATTACK	LEVEL UP CORE			LEVEL UP BODYPUMP	LEVEL UP CORE		THE TRIP	LEVEL UP BODYATTACK	LEVEL UP SHRIM		MEGADANZ	LEVEL UP BODYATTACK	LEVEL UP SHRIM		FIGHT DO	19:30
19:45																	19:45
20:00																	20:00
20:15																	20:15
20:30	LEVEL UP BODYCOMBAT	barre	THE TRIP		LEVEL UP BODYATTACK	LEVEL UP BODYBALANCE		AERO	LEVEL UP BODYPUMP	LEVEL UP CORE		AERO	LEVEL UP BODYATTACK	LEVEL UP SHRIM		FIGHT DO	20:30
20:45																	20:45
21:00	LEVEL UP BODYBALANCE	LEVEL UP BODYATTACK	sprint		LEVEL UP BODYCOMBAT	LEVEL UP THE TRIP		MEGADANZ	LEVEL UP BODYATTACK	LEVEL UP SHRIM	LEVEL UP RPM		LEVEL UP BODYCOMBAT	LEVEL UP SHRIM		HYPER C	21:00
21:15																	21:15
21:30	LEVEL UP BODYATTACK																21:30
21:45																	21:45
22:00	LEVEL UP BODYCOMBAT	DANCE	THE TRIP		LEVEL UP UBOUND	LEVEL UP BODYATTACK		MEGADANZ	LEVEL UP BODYBALANCE	LEVEL UP GRIT	LEVEL UP THE TRIP		LEVEL UP BODYPUMP	LEVEL UP CORE	sprint	UBOUND	22:00
22:15																	22:15
22:30	LEVEL UP BODYBALANCE	LEVEL UP BODYATTACK	sprint		LEVEL UP BODYCOMBAT	LEVEL UP CORE		THE TRIP	LEVEL UP BODYPUMP	LEVEL UP SHRIM		MEGADANZ	LEVEL UP BODYATTACK	LEVEL UP THE TRIP		FIGHT DO	22:30
22:45																	22:45
23:00	LEVEL UP BODYBALANCE	LEVEL UP BODYATTACK	sprint		LEVEL UP BODYCOMBAT	LEVEL UP CORE		THE TRIP	LEVEL UP BODYPUMP	LEVEL UP SHRIM		MEGADANZ	LEVEL UP BODYATTACK	LEVEL UP THE TRIP		FIGHT DO	23:00
23:15																	23:15
23:30	LEVEL UP BODYATTACK	LEVEL UP CORE			LEVEL UP BODYCOMBAT	LEVEL UP CORE		AERO	LEVEL UP BODYPUMP	LEVEL UP SHRIM		HYPER C	LEVEL UP BODYATTACK	LEVEL UP THE TRIP		MEGADANZ	23:30
23:45																	23:45
24:00																	24:00

通常スケジュールより一部変更しているところがございます。

# 12月レッスンスケジュール

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

	MON		TUE		WED		THU		FRI		SAT		SUN											
	A	D	A	D	A	D	A	D	A	D	A	D	A	D										
9:00		簡単ストレッチ (松野) 9:25-9:45	簡単ストレッチ (松野) 9:25-9:45		ヨガでリフレッシュ MAYUMI 9:30-9:45																			
10:00			エアロサーキット 神山 10:00-10:45		ラテンエアロ 10:00-10:45		簡単ストレッチ (松野) 10:25-10:45				7日のみ 10:30-11:00 BODY ATTACK[VR]		1日・22日のみ ラテンエアロ											
11:00	キッズジム 10:00-13:00		17日のみ ZUMBA MACHIKO 11:00-12:00	キッズジム 10:00-13:00	ZUMBA MACHIKO 11:00-12:00			キッズジム 10:00-13:00		キッズジム 10:00-13:00	初級エアロ 神山 10:30-11:15	7日のみ 11:30-12:15 BODY BALANCE[VR]	22日のみ 11:30-12:45	8日のみ 11:30-12:00 BODY PUMP[VR]										
12:00			YOGA BASIC MAYUMI 12:15-13:00				YOGA BASIC MAYUMI 12:15-13:00		二の腕・背中シェイプヨガ MAYUMI 12:00-13:10		7日・21日・28日 ZUMBA / MACHIKO 14日 BODY PUMP / 036	マツサイエンス 神山 11:30-12:15	22日のみ 11:30-12:45 ZUMBA MACHIKO 11:30-12:30	8日のみ 12:15-12:45 BODY ATTACK[VR]										
13:00	<p>この時間はバーチャルレッスンをとお楽しみください。</p>																							
14:00																					21日のみ 13:45-14:55	この時間はバーチャルレッスンをとお楽しみください。	YOGA BASIC MAYUMI 13:00-13:45	この時間はバーチャルレッスンをとお楽しみください。
15:00																							体幹美BODYヨガ MAYUMI 14:00-15:10	8日のみ 15:30-16:00 BODY ATTACK[VR]
16:00																								8日のみ 16:30-17:00 BODY COMBAT[VR]
17:00																								
18:00																								
19:00		YOGA BASIC MAYUMI 18:30-19:15			4日・18日 REEJAM® 11日・25日 カラダスキャンセルフマッサージ																			
20:00	LES MILLS BODY PUMP 尾花 優 19:30-20:00	簡単♪ FLOW YOGA MAYUMI 19:30-20:40	POPピラティス MI 19:10-19:40		ランダム YUUKA 19:30-19:45	11日のみ/Heero	LES MILLS BODYATTACK narumi 19:15-19:45	UBOUND 尾花 優 19:30-19:35																
21:00	LES MILLS BODYCOMBAT 尾花 優 20:15-21:00		SALSATION MI 20:00-21:00		ZUMBA YUUKA 20:00-21:00		LES MILLS BODYCOMBAT Heero 20:00-21:00	LES MILLS BODY PUMP 尾花 優 19:50-20:50	初級ステップ 藤崎 19:10-19:50															
22:00																								

※12月31日(火)~1月3日は年末年始休暇の為、有人レッスンはすべて休講となり、バーチャルのみの特別スケジュールです。詳細は別紙をご確認ください。