

MON				TUE				WED				THU				FRI				SAT				SUN			
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	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO A	STUDIO B	STUDIO C	STUDIO D
🕒 🏋️‍♀️ BODYPUMP 0:00-0:45	🕒 🏋️‍♀️ CORE 0:00-0:30	🕒 🏃‍♀️ THE TRIP 0:00-0:45	🕒 🏋️‍♀️ BOOTYATACK 0:00-0:30	🕒 🏋️‍♀️ BODYPUMP 0:00-0:30	🕒 🏋️‍♀️ BOOTYBALANCE 0:00-0:45	🕒 🏃‍♀️ sprint 0:00-0:30	🕒 🏋️‍♀️ barre 0:00-0:30	🕒 🏋️‍♀️ BOOTYATACK 0:00-0:45	🕒 🏋️‍♀️ BODYPUMP 0:00-0:30	🕒 🏃‍♀️ THE TRIP 0:00-0:45	🕒 🏋️‍♀️ SFBAM 0:00-0:30	🕒 🏋️‍♀️ BODYPUMP 0:00-0:30	🕒 🏋️‍♀️ CORE 0:00-0:30	🕒 🏃‍♀️ sprint 0:00-0:30	🕒 🏋️‍♀️ BOOTYATACK 0:00-0:30	🕒 🏋️‍♀️ BODYPUMP 0:00-0:30	🕒 🏋️‍♀️ BOOTYBALANCE 0:00-0:45	🕒 🏋️‍♀️ BODYPUMP 0:00-0:30	🕒 🏋️‍♀️ RPM 0:00-0:30	🕒 🏃‍♀️ THE TRIP 0:00-0:30	🕒 🏋️‍♀️ CORE 0:00-0:30	🕒 🏋️‍♀️ BOOTYATACK 0:00-0:30	🕒 🏋️‍♀️ BOOTYBALANCE 0:00-0:45	🕒 🏋️‍♀️ BOOTYPUMP 0:00-0:30	🕒 🏋️‍♀️ CORE 0:00-0:30	🕒 🏃‍♀️ sprint 0:00-0:30	🕒 🏋️‍♀️ BOOTYATACK 0:00-0:30
🕒 🏋️‍♀️ BODYPUMP 1:00-1:30	🕒 🏋️‍♀️ BOOTYBALANCE 1:00-1:45	🕒 🏃‍♀️ sprint 1:00-1:30	🕒 🏋️‍♀️ BOOTYCOMBAT 1:00-1:30	🕒 🏋️‍♀️ BOOTYCOMBAT 1:00-1:30	🕒 🏋️‍♀️ BOOTYBALANCE 1:00-1:30	🕒 🏃‍♀️ THE TRIP 1:00-1:45	🕒 🏋️‍♀️ GRIT 1:00-1:30	🕒 🏋️‍♀️ BOOTYCOMBAT 1:00-1:30	🕒 🏋️‍♀️ CORE 1:00-1:30	🕒 🏃‍♀️ THE TRIP 1:00-1:45	🕒 🏋️‍♀️ barre 1:00-1:30	🕒 🏋️‍♀️ BOOTYCOMBAT 1:00-1:30	🕒 🏋️‍♀️ BOOTYBALANCE 1:00-1:45	🕒 🏃‍♀️ THE TRIP 1:00-1:45	🕒 🏋️‍♀️ BOOTYATACK 1:00-1:30	🕒 🏋️‍♀️ CORE 1:00-1:30	🕒 🏋️‍♀️ BOOTYBALANCE 1:00-1:30	🕒 🏋️‍♀️ RPM 1:00-1:30	🕒 🏃‍♀️ THE TRIP 1:00-1:30	🕒 🏋️‍♀️ CORE 1:00-1:30	🕒 🏋️‍♀️ BOOTYCOMBAT 1:00-1:30	🕒 🏋️‍♀️ BOOTYBALANCE 1:00-1:30	🕒 🏋️‍♀️ BOOTYPUMP 1:00-1:30	🕒 🏋️‍♀️ CORE 1:00-1:30	🕒 🏃‍♀️ sprint 1:00-1:30	🕒 🏋️‍♀️ barre 1:00-1:30	
🕒 🏋️‍♀️ BOOTYCOMBAT 2:00-2:30	🕒 🏋️‍♀️ BOOTYPUMP 2:00-2:30	🕒 🏃‍♀️ THE TRIP 2:00-2:45	🕒 🏋️‍♀️ barre 2:00-2:30	🕒 🏋️‍♀️ BOOTYBALANCE 2:00-2:45	🕒 🏋️‍♀️ CORE 2:00-2:30	🕒 🏃‍♀️ sprint 2:00-2:30	🕒 🏋️‍♀️ sprint 2:00-2:30	🕒 🏋️‍♀️ BOOTYCOMBAT 2:00-2:30	🕒 🏋️‍♀️ barre 2:00-2:30	🕒 🏃‍♀️ RPM 2:00-2:30	🕒 🏋️‍♀️ BOOTYATACK 2:00-2:30	🕒 🏋️‍♀️ BOOTYBALANCE 2:00-2:45	🕒 🏋️‍♀️ CORE 2:00-2:30	🕒 🏃‍♀️ sprint 2:00-2:30	🕒 🏋️‍♀️ GRIT 2:00-2:30	🕒 🏋️‍♀️ BOOTYCOMBAT 2:00-2:30	🕒 🏋️‍♀️ BOOTYBALANCE 2:00-2:45	🕒 🏋️‍♀️ CORE 2:00-2:30	🕒 🏋️‍♀️ RPM 2:00-2:30								

スケジュールは予告なく変更する場合がございます