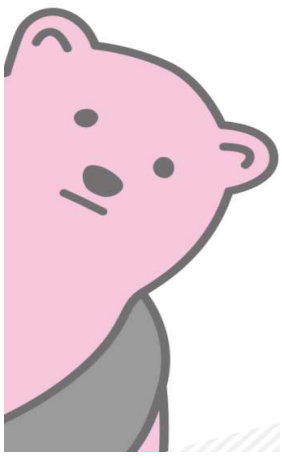
フィットネスジム FIT365
東根

PROGRAM SCHEDULES

TIME	MON	TUE	WED	TEU	FRI	SAT	SUN	TIME
9:00	9:00-9:30 CORE	9:00-9:45 BODYPUMP 45min	9:00-9:45 SH`BAM 45min	9:00-9:45 BODYATTACK 45min	9:00-9:45 SH`BAM 45min	9:00-9:45 CORE 45min	9:00-9:45 BODYBALANCE 45min	9:00
	9:45-10:45 BODYBALANCE 60min							
10:00		10:00-10:45 BODYBALANCE 45min	10:00-10:45 BODYPUMP 45min	10:00-11:00 BODYBALANCE 60min	10:00-10:45 BODYBALANCE 45min	10:00-10:45 SH`BAM 45min	10:00-10:45 CORE 45min	10:00
11:00	11:00-11:45 BODYPUMP 45min	11:00-11:45 SH`BAM 45min	11:00-11:45 BODYBALANCE 45min	11:15-12:15 BODYCOMBAT 60min	11:00-11:45 BODYCOMBAT 45min	11:00-12:00 BODYATTACK 60min	11:00-11:45 SH`BAM 45min	11:00
12:00	12:00-12:45 BODYCOMBAT 45min	12:00-13:00 BODYCOMBAT 60min	12:00-12:45 CORE 45min	12:30-13:15 SH`BAM 45min	12:00-12:45 BODYPUMP 45min	12:15-13:15 BODYCOMBAT 60min	12:00-12:45 BODYCOMBAT 45min	12:00
13:00	13:00-13:45 SH`BAM 45min	13:15-14:00 BODYBALANCE 45min	13:00-13:45 SH`BAM 45min	13:30-14:30 BODYATTACK 60min	13:00-14:00 BODYBALANCE 60min	13:30-14:15 BODYBALANCE 45min	13:00-13:45 BODYBALANCE 45min	13:00
14:00	14:00-14:45 BODYBALANCE 45min	14:15-14:45 barre	14:00-14:45 BODYATTACK 45min	14:45-15:30 SH'BAM 45min	14:15-15:00 SH'BAM 45min	14:30-15:30 BODYATTACK 60min	14:00-14:45 CORE 45min	14:00
15:00	15:00-15:30 core	15:00-15:45 SH`BAM 45min	15:00-15:45 BODYBALANCE 45min	15:45-16:45 BODYPUMP 60min	15:15-15:45 barre	15:45-16:45 BODYBALANCE 60min	15:00-15:45 BODYBALANCE 45min	15:00
16:00	15:45-16:15 BODYATTACK	16:00-16:45 BODYPUMP 45min	16:00-16:30 CORE		16:00-16:45 CORE 45min		16:00-16:45 BODYPUMP 45min	16:00
	16:30-17:00 BODYPUMP		16:45-17:15 SH`BAM					
17:00	17:15-17:45 BODYCOMBAT	17:00-17:45 BODYBALANCE 45min	17:30-18:30 BODYATTACK 60min	17:00-17:45 BODYBALANCE 45min	17:00-17:45 SH`BAM 45min	17:00-17:45 BODYATTACK 45min	17:00-18:00 BODYCOMBAT 60min	17:00
18:00	18:00-18:45 SH`BAM 45min	18:00-18:45 CORE 45min		18:00-18:45 BODYPUMP 45min	18:00-18:30 BODYPUMP	18:00-18:45 BODYCOMBAT 45min	18:15-19:15 BODYATTACK 60min	18:00
19:00	19:00-19:45 BODYPUMP 45min	19:00-19:45 BODYCOMBAT 45min	18:45-19:45 BODYPUMP 60min	19:00-19:45 BODYCOMBAT 45min	18:45-19:30 BODYBALANCE 45min	19:00-19:45 SH`BAM 45min		19:00
					19:45-20:45 BODYATTACK 60min		19:30-20:15 BODYCOMBAT 45min	
20:00	20:00-21:00 BODYATTACK 60min	20:00-20:45 BODYATTACK 45min	20:00-21:00 BODYCOMBAT 60min	20:00-20:45 SH`BAM 45min		20:00-20:45 BODYBALANCE 45min		20:00
							20:30-21:15 BODYBALANCE 45min	
21:00	21:15-22:00 BODYCOMBAT 45min	21:00-22:00 BODYBALANCE 60min	21:15-22:00 SH`BAM 45min	21:00-21:45 BODYATTACK 45min	21:00-21:45 BODYCOMBAT 45min	21:00-21:45 BODYATTACK 45min		21:00
							21:30-22:00 barre	
22:00	22:15-23:00 SH`BAM 45min	22:15-23:00 BODYPUMP 45min	22:15-22:45 core	22:00-22:45 SH`BAM 45min	22:00-22:45 BODYATTACK 45min	22:00-22:45 BODYCOMBAT 45min	22:15-22:45 CORE	22:00
23:00	23:15-24:00 BODYBALANCE 45min	23:15-24:00 SH`BAM 45min	23:00-23:45 BODYBALANCE 45min	23:00-23:45 BODYCOMBAT 45min	23:00-23:45 CORE 45min	23:00-23:45 BODYPUMP 45min	23:00-23:30 GRIT/STRENGTH	23:00

※【定員各クラス15名】ヴァーチャルスタジオのご利用は3,980円会員でのご登録の方のみ可能です。入退場は自由です。(2,980円会員、家族会員は利用府不可)



変更箇所

月曜日	11：00～	BODYATTACK	～	BODYPUMP
水曜日	10:00～	BODYATTACK	～	BODYPUMP
金曜日	18:00～	BODYPUMP45分	～	BODYPUMP 30
	19:45～	BODYATTACK45	～	BODYATTACK60