

# 2025.11~12 PROGRAM SCHEDULES



| TIME  | 月曜                                       | 火曜                                       | 水曜                                       | 木曜                                       | 金曜                                       | 土曜                                       | 日曜                                       | TIME  |
|-------|------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|------------------------------------------|-------|
| 8:00  |                                          | 8:00-8:30<br>BODY PUMP<br>バーベル(30min)    | 8:00-9:00<br>BODY BALANCE<br>ヨガ(60min)   | 8:00-8:15<br>CORE 体幹(15min)              | 8:00-8:30<br>BODY COMBAT<br>格闘技(30min)   |                                          | 8:00-8:30<br>CORE<br>体幹(30min)           | 8:00  |
|       | 8:15-8:45<br>DANCE<br>ダンス(30min)         |                                          |                                          |                                          |                                          | 8:15-8:45<br>BODY PUMP<br>バーベル(30min)    |                                          |       |
| 9:00  |                                          | 9:00-9:30<br>BODY COMBAT<br>格闘技(30min)   |                                          | 8:45-9:30<br>DANCE<br>ダンス(45min)         | 9:00-9:30<br>CORE<br>体幹(30min)           |                                          | 9:00-9:30<br>BODY COMBAT<br>格闘技(30min)   | 9:00  |
|       | 9:15-9:45<br>BODY COMBAT<br>格闘技(30min)   |                                          | 9:30-10:00<br>BODY PUMP<br>バーベル(30min)   |                                          |                                          | 9:15-9:45<br>BODY COMBAT<br>格闘技(30min)   |                                          |       |
| 10:00 |                                          | 10:00-11:00<br>BODY BALANCE<br>ヨガ(60min) | 10:30-11:00<br>BODY COMBAT<br>格闘技(30min) | 10:00-10:45<br>BODY BALANCE<br>ヨガ(45min) | 10:00-10:30<br>BODY PUMP<br>バーベル(30min)  | 10:15-10:45<br>CORE<br>体幹(30min)         | 10:00-10:30<br>BODY PUMP<br>バーベル(30min)  | 10:00 |
|       | 10:15-10:45<br>CORE<br>体幹(30min)         |                                          |                                          |                                          |                                          |                                          |                                          |       |
| 11:00 |                                          | 11:15-12:00<br>BODY BALANCE<br>ヨガ(45min) | 11:30-12:00<br>DANCE<br>ダンス(30min)       | 11:15-11:45<br>BODY COMBAT<br>格闘技(30min) | 11:00-11:45<br>BODY BALANCE<br>ヨガ(45min) | 11:15-11:45<br>DANCE<br>ダンス(30min)       | 11:00-12:00<br>BODY BALANCE<br>ヨガ(60min) | 11:00 |
|       |                                          |                                          | 11:30-11:45<br>CORE 体幹(15min)            |                                          |                                          |                                          |                                          |       |
| 12:00 |                                          |                                          | 12:15-13:00<br>BODY BALANCE<br>ヨガ(45min) | 12:15-12:45<br>BODY PUMP<br>バーベル(30min)  | 12:15-12:45<br>BODY COMBAT<br>格闘技(30min) | 12:15-13:00<br>BODY BALANCE<br>ヨガ(45min) | 12:15-12:45<br>DANCE<br>ダンス(30min)       | 12:00 |
|       | 12:30-13:00<br>BODY COMBAT<br>格闘技(30min) | 12:30-12:45<br>CORE 体幹(15min)            |                                          |                                          |                                          |                                          |                                          |       |
| 13:00 |                                          | 13:15-14:00<br>BODY COMBAT<br>格闘技(45min) |                                          | 13:15-13:45<br>CORE<br>体幹(30min)         | 13:15-14:00<br>BODY BALANCE<br>ヨガ(45min) |                                          | 13:15-14:15<br>BODY COMBAT<br>格闘技(60min) | 13:00 |
|       | 13:30-14:15<br>BODY PUMP<br>バーベル(45min)  |                                          | 13:30-14:15<br>BODY PUMP<br>バーベル(30min)  |                                          |                                          | 13:30-14:15<br>BODY PUMP<br>バーベル(45min)  |                                          |       |
| 14:00 |                                          |                                          |                                          | 14:15-14:45<br>DANCE<br>ダンス(30min)       | 14:30-15:00<br>CORE<br>体幹(30min)         |                                          | 14:30-15:00<br>CORE 体幹(15min)            | 14:00 |
|       |                                          | 14:30-15:15<br>BODY PUMP<br>バーベル(45min)  | 14:45-15:15<br>DANCE<br>ダンス(30min)       |                                          |                                          | 14:45-15:30<br>BODY BALANCE<br>ヨガ(45min) |                                          |       |
| 15:00 | 14:45-15:30<br>BODY COMBAT<br>格闘技(45min) |                                          |                                          | 15:15-16:15<br>BODY BALANCE<br>ヨガ(60min) | 15:30-16:00<br>DANCE<br>ダンス(30min)       |                                          | 15:30-16:00<br>DANCE<br>ダンス(30min)       | 15:00 |
|       |                                          | 15:45-16:30<br>BODY BALANCE<br>ヨガ(45min) | 15:45-16:30<br>BODY COMBAT<br>格闘技(45min) |                                          |                                          |                                          |                                          |       |
| 16:00 | 16:00-16:15<br>CORE 体幹(15min)            |                                          |                                          |                                          |                                          | 16:00-16:45<br>BODY PUMP<br>バーベル(45min)  |                                          | 16:00 |
|       |                                          |                                          |                                          |                                          | 16:30-17:30<br>BODY BALANCE<br>ヨガ(60min) |                                          | 16:30-17:30<br>BODY PUMP<br>バーベル(60min)  |       |
| 17:00 | 16:45-17:30<br>BODY BALANCE<br>ヨガ(45min) | 17:00-17:30<br>CORE<br>体幹(30min)         | 17:00-17:45<br>BODY PUMP<br>バーベル(45min)  | 16:45-17:30<br>BODY COMBAT<br>格闘技(45min) |                                          | 17:15-17:30<br>CORE 体幹(15min)            |                                          | 17:00 |
|       |                                          |                                          |                                          |                                          |                                          |                                          |                                          |       |
| 18:00 |                                          | 18:00-18:45<br>DANCE<br>ダンス(45min)       | 18:15-18:45<br>CORE<br>体幹(30min)         | 18:00-18:45<br>BODY PUMP<br>バーベル(45min)  | 18:00-18:45<br>BODY COMBAT<br>格闘技(45min) | 18:00-19:00<br>BODY PUMP<br>バーベル(60min)  | 18:00-18:45<br>DANCE<br>ダンス(45min)       | 18:00 |
|       | 18:30-19:15<br>BODY PUMP<br>バーベル(45min)  |                                          |                                          |                                          |                                          |                                          |                                          |       |
| 19:00 |                                          | 19:15-20:15<br>BODY COMBAT<br>格闘技(60min) | 19:15-20:00<br>BODY BALANCE<br>ヨガ(45min) | 19:15-20:15<br>BODY COMBAT<br>格闘技(60min) | 19:15-20:15<br>BODY BALANCE<br>ヨガ(60min) |                                          | 19:15-20:15<br>BODY PUMP<br>バーベル(60min)  | 19:00 |
|       | 19:30-20:30<br>BODY COMBAT<br>格闘技(60min) |                                          |                                          |                                          |                                          | 19:30-20:30<br>BODY COMBAT<br>格闘技(60min) |                                          |       |
| 20:00 |                                          |                                          | 20:30-21:00<br>DANCE<br>ダンス(30min)       | 20:45-21:15<br>DANCE<br>ダンス(30min)       |                                          |                                          |                                          | 20:00 |
|       |                                          | 20:45-21:45<br>BODY PUMP<br>バーベル(60min)  |                                          |                                          | 20:45-21:45<br>BODY COMBAT<br>格闘技(60min) | 21:00-22:00<br>BODY BALANCE<br>ヨガ(60min) | 20:45-21:45<br>BODY COMBAT<br>格闘技(60min) |       |
| 21:00 | 21:00-21:45<br>DANCE<br>ダンス(45min)       |                                          | 21:30-22:30<br>BODY COMBAT<br>格闘技(60min) | 21:45-22:00<br>CORE 体幹(15min)            |                                          |                                          |                                          | 21:00 |
|       |                                          |                                          |                                          |                                          |                                          |                                          |                                          |       |
| 22:00 |                                          | 22:15-23:15<br>BODY BALANCE<br>ヨガ(60min) |                                          | 22:30-23:15<br>BODY BALANCE<br>ヨガ(45min) | 22:15-23:15<br>BODY PUMP<br>バーベル(60min)  | 22:30-23:00<br>BODY COMBAT<br>格闘技(30min) | 22:15-23:15<br>BODY BALANCE<br>ヨガ(60min) | 22:00 |
|       | 22:30-23:00<br>CORE<br>体幹(30min)         |                                          |                                          |                                          |                                          |                                          |                                          |       |
| 23:00 |                                          |                                          | 23:00-23:45<br>BODY PUMP<br>バーベル(45min)  |                                          |                                          |                                          |                                          | 23:00 |
|       | 23:30-24:00<br>DANCE<br>ダンス(30min)       | 23:45-24:00<br>CORE 体幹(15min)            |                                          | 23:45-24:00<br>CORE 体幹(15min)            | 23:45-24:00<br>CORE 体幹(15min)            | 23:30-24:00<br>DANCE<br>ダンス(30min)       | 23:45-24:00<br>CORE 体幹(15min)            |       |