



TIME	月	火	水	木	金	土	日	TIME
8:00	8:00-8:30 BODY COMBAT 30min	8:00-8:30 SHBAM 30min	8:00-8:30 BODY ATTACK 30min	8:00-8:30 BODY COMBAT 30min	8:00-8:30 BODY BALANCE 30min	8:00-8:30 BODY PUMP 30min	8:00-8:30 BODY ATTACK 30min	8:00
9:00	9:00-9:30 BODY ATTACK 30min	9:00-9:30 BODY COMBAT 30min	9:00-9:30 BODY BALANCE 30min	9:00-9:30 BODY PUMP 30min	9:00-9:30 BODY ATTACK 30min	9:00-9:30 SHBAM 30min	9:00-9:30 BODY COMBAT 30min	9:00
10:00	10:00-11:00 BODY BALANCE 60min	10:00-11:00 BODY PUMP 60min	10:00-11:00 BODY COMBAT 60min	10:00-11:00 BODY ATTACK 60min	10:00-11:00 BODY COMBAT 60min	10:00-11:00 BODY ATTACK 60min	10:00-11:00 BODY PUMP 60min	10:00
11:00								11:00
	11:30-12:30 BODY COMBAT 60min	11:30-12:30 BODY ATTACK 60min	11:30-12:30 BODY PUMP 60min	11:30-12:30 BODY BALANCE 60min	11:30-12:30 BODY PUMP 60min	11:30-12:30 BODY COMBAT 60min	11:30-12:30 BODY ATTACK 60min	12:00
12:00								12:00
13:00	13:00-13:30 BODY ATTACK 30min	13:00-13:30 BODY BALANCE 30min	13:00-13:30 SHBAM 30min	13:00-13:30 SHBAM 30min	13:00-13:30 BODY ATTACK 30min	13:00-13:30 BODY PUMP 30min	13:00-13:30 BODY COMBAT 30min	13:00
14:00	14:00-14:45 BODY PUMP 45min	14:00-14:45 BODY COMBAT 45min	14:00-14:45 BODY ATTACK 45min	14:00-14:45 BODY ATTACK 45min	14:00-14:45 BODY COMBAT 45min	14:00-14:45 BODY BALANCE 45min	14:00-14:45 SHBAM 45min	14:00
15:00								15:00
	15:30-16:00 SHBAM 30min	15:30-16:00 BODY PUMP 30min	15:30-16:00 BODY COMBAT 30min	15:30-16:00 BODY PUMP 30min	15:30-16:00 SHBAM 30min	15:30-16:00 BODY ATTACK 30min	15:30-16:00 BODY BALANCE 30min	
16:00								16:00
	16:30-17:30 BODY ATTACK 60min	16:30-17:30 BODY COMBAT 60min	16:30-17:30 BODY PUMP 60min	16:30-17:30 BODY COMBAT 60min	16:30-17:30 BODY BALANCE 60min	16:30-17:30 BODY PUMP 60min	16:30-17:30 BODY ATTACK 60min	17:00
17:00								17:00
18:00	18:00-18:30 BODY PUMP 30min	18:00-18:30 BODY ATTACK 30min	18:00-18:30 SHBAM 30min	18:00-18:30 BODY ATTACK 30min	18:00-18:30 BODY PUMP 30min	18:00-18:30 BODY COMBAT 30min	18:00-18:30 BODY COMBAT 30min	18:00
19:00	19:00-19:45 BODY COMBAT 45min	19:00-19:45 SHBAM 45min	19:00-19:45 BODY ATTACK 45min	19:00-19:45 BODY COMBAT 45min	19:00-19:45 BODY ATTACK 45min	19:00-19:45 SHBAM 45min	19:00-19:45 BODY PUMP 45min	19:00
20:00								20:00
	20:15-21:15 BODY PUMP 60min	20:15-21:15 BODY COMBAT 60min	20:15-21:15 BODY BALANCE 60min	20:15-21:15 BODY ATTACK 60min	20:15-21:15 BODY COMBAT 60min	20:15-21:15 BODY PUMP 60min	20:15-21:15 BODY ATTACK 60min	21:00
21:00								21:00
	21:45-22:30 SHBAM 45min	21:45-22:30 BODY PUMP 45min	21:45-22:30 BODY COMBAT 45min	21:45-22:30 BODY PUMP 45min	21:45-22:30 BODY PUMP 45min	21:45-22:30 BODY ATTACK 45min	21:45-22:30 BODY COMBAT 45min	22:00
22:00								22:00
23:00	23:00-23:30 BODY COMBAT 30min	23:00-23:30 BODY BALANCE 30min	23:00-23:30 BODY PUMP 30min	23:00-23:30 BODY ATTACK 30min	23:00-23:30 BODY ATTACK 30min	23:00-23:30 BODY COMBAT 30min	23:00-23:30 SHBAM 30min	23:00