

PROGRAM SCHEDULES

レッスン2023年9月4日～

	月	火	水	木	金	土	日	
10:00	BARRE (30)	BODYPUMP (45)	BODYBALANCE (45)	BODYPUMP (45)	CORE (45)	BODYBALANCE (45)	BARRE (30)	10:00
10:30								10:30
11:00	SH'BAM (45)	BARRE (30)	GRIT Strength (30)	CORE (30)			BODYPUMP (45)	11:00
11:30					BODYBALANCE (60)	BODYCOMBAT (60)		11:30
12:00	CORE (45)	BODYCOMBAT (60)	SH'BAM (45)	BODYATTACK (45)			BODYCOMBAT (60)	12:00
12:30					BODYPUMP (60)	BODYATTACK (60)		12:30
13:00	GRIT Cardio (30)		BODYPUMP (45)	BODYBALANCE (45)			CORE (30)	13:00
13:30		SH'BAM (45)						13:30
14:00	BODYCOMBAT (45)		BARRE (30)	BODYPUMP (45)	SH'BAM (30)	BODYPUMP (60)	BODYBALANCE (60)	14:00
14:30		BODYATTACK (45)			BODYCOMBAT (45)			14:30
15:00	BODYBALANCE (60)	CORE (30)	BODYBALANCE (60)	CORE (30)		CORE (30)	SH'BAM (30)	15:00
15:30				GRIT Strength (30)	BODYATTACK (45)			15:30
16:00	BARRE (30)	BODYCOMBAT (60)	BODYATTACK (45)			BODYCOMBAT (60)	BODYPUMP (60)	16:00
16:30				BODYBALANCE (60)	BARRE (30)			16:30
17:00	BODYPUMP (60)		BODYCOMBAT (60)			SH'BAM (30)		17:00
17:30		BODYPUMP (60)		BARRE (30)	BODYPUMP (60)		BODYATTACK (60)	17:30
18:00	BODYBALANCE (45)					BODYBALANCE (60)		18:00
18:30		BODYBALANCE (60)	BODYPUMP (60)	BODYCOMBAT (60)	BODYBALANCE (60)		BODYCOMBAT (60)	18:30
19:00	BODYCOMBAT (60)					BODYATTACK (45)		19:00
19:30		CORE (30)	BODYBALANCE (60)		CORE (30)		BODYBALANCE (60)	19:30
20:00	SH'BAM (45)			BODYPUMP (60)		BODYCOMBAT (60)		20:00
20:30		GRIT Athletic (30)			BODYCOMBAT (60)			20:30
21:00			GRIT Cardio (30)	SH'BAM (45)			BODYATTACK (60)	21:00
21:30	BODYPUMP (45)	BODYCOMBAT (45)	CORE (45)		GRIT Athletic (30)	BODYPUMP (60)		21:30
22:00								22:00

※プログラム増加、多くのご意見により変更のご希望が通りづらくなって

おります。予めご了承ください。

スケジュール確定後の変更希望は受け付けておりません。

PROGRAM SCHEDULES

レッスン2023年9月4日～

	月	火	水	木	金	土	日	
10:00	RPM (30)	THE TRIP (45)	RPM (30)	sprint (30)	RPM (50)	RPM (30)	THE TRIP (45)	10:00
10:30								10:30
11:00	sprint (30)	sprint (30)	THE TRIP (45)	RPM (30)	sprint (30)	sprint (30)	sprint (30)	11:00
11:30				sprint (30)		THE TRIP (45)		11:30
12:00	RPM (50)	RPM (30)	sprint (30)		THE TRIP (45)	THE TRIP (45)	RPM (30)	12:00
12:30				THE TRIP (45)				12:30
13:00	sprint (30)	THE TRIP (45)	RPM (50)		THE TRIP (45)	RPM (30)	THE TRIP (45)	13:00
13:30	RPM (30)	sprint (30)	THE TRIP (45)	RPM (50)		sprint (30)	sprint (30)	13:30
14:00					RPM (30)			14:00
14:30	THE TRIP (45)	RPM (30)		THE TRIP (45)		THE TRIP (45)	RPM (50)	14:30
15:00			RPM (50)		sprint (30)			15:00
15:30	sprint (30)	THE TRIP (45)		sprint (30)	THE TRIP (45)	RPM (30)	THE TRIP (45)	15:30
16:00						sprint (30)		16:00
16:30	RPM (50)	sprint (30)	THE TRIP (45)	RPM (30)	RPM (30)		sprint (30)	16:30
17:00	THE TRIP (45)	RPM (30)	sprint (30)	THE TRIP (45)	sprint (30)	THE TRIP (45)	RPM (30)	17:00
17:30								17:30
18:00	sprint (30)	THE TRIP (45)	RPM (30)	sprint (30)	THE TRIP (45)	RPM (50)	THE TRIP (45)	18:00
18:30								18:30
19:00	RPM (30)	sprint (30)	THE TRIP (45)	RPM (30)	RPM (30)	sprint (30)	sprint (30)	19:00
19:30	THE TRIP (45)	RPM (50)	sprint (30)	sprint (30)	sprint (30)	THE TRIP (45)	RPM (30)	19:30
20:00				THE TRIP (45)				20:00
20:30	sprint (30)	THE TRIP (45)	THE TRIP (45)		THE TRIP (45)	RPM (30)	THE TRIP (45)	20:30
21:00				RPM (30)		sprint (30)		21:00
21:30	RPM (30)	sprint (30)	RPM (30)		RPM (30)		sprint (30)	21:30
22:00								22:00

※プログラムの内容が変更になる場合がございますので予めご了承ください。