

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								11:30
12:00	RPM (50)	RPM (30)	sprint (30)	sprint (30)	THE TRIP (45)	THE TRIP (45)	RPM (30)	12:00
12:30								12:30
13:00	sprint (30)	THE TRIP (45)	RPM (50)	THE TRIP (45)	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					sprint (30)			14:00
14:30	THE TRIP (45)	RPM (30)	RPM (50)	THE TRIP (45)	RPM (30)	THE TRIP (45)	RPM (50)	14:30
15:00								15:00
15:30	sprint (30)	THE TRIP (45)		sprint (30)	THE TRIP (45)	RPM (30)	THE TRIP (45)	15:30
16:00	RPM (50)	sprint (30)	THE TRIP (45)	RPM (30)		sprint (30)		16:00
16:30					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								20:00
20:30	sprint (30)	THE TRIP (45)	THE TRIP (45)	THE TRIP (45)	THE TRIP (45)	RPM (30)	THE TRIP (45)	20:30
21:00								21:00
21:30	RPM (30)	sprint (30)	RPM (30)	RPM (30)	RPM (30)	sprint (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。

PROGRAM SCHEDULES

レッスン2024年3月4日～

	月	火	水	木	金	土	日	
8:00	BODYPUMP (45)	BODYCOMBAT (45)	BODYCOMBAT (60)	BODYBALANCE (45)	BODYPUMP (45)	CORE (45)	SH'BAM (45)	8:00
8:30								8:30
9:00	BODYCOMBAT (45)	CORE (30)	BARRE (30)	BODYCOMBAT (45)	BODYCOMBAT (45)	BODYPUMP (45)	BARRE (30)	9:00
9:30								9:30
10:00	BARRE (30)	BODYPUMP (60)	BODYBALANCE (45)	BODYPUMP (45)	CORE (45)	BODYBALANCE (45)	BODYCOMBAT (45)	10:00
10:30								10:30
11:00	SH'BAM (45)	BARRE (30)	GRIT Strength (30)	CORE (30)	BODYBALANCE (60)	BODYCOMBAT (60)	BODYPUMP (45)	11:00
11:30								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)	SH'BAM (45)	BODYPUMP (45)	BODYBALANCE (45)			CORE (30)	13:00
13:30								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					BODYATTACK (45)			15:30
16:00	BARRE (30)	BODYCOMBAT (60)	BODYATTACK (45)		GRIT Strength (30)	BODYCOMBAT (60)	BODYPUMP (60)	16:00
16:30				BODYBALANCE (60)	BODYCOMBAT (60)			16:30
17:00	BODYPUMP (60)		BODYCOMBAT (60)			SH'BAM (30)		17:00
17:30		BODYPUMP (60)					BODYATTACK (60)	17:30
18:00	BODYBALANCE (45)			BARRE (30)	BARRE (30)	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)					19:30
20:00	SH'BAM (45)			BODYPUMP (60)	CORE (30)	BODYCOMBAT (60)	BODYBALANCE (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 (60)				BODYPUMP (60)		21:30
22:00				BODYCOMBAT (60)	GRIT Athletic (30)			22:00
22:30	BODYCOMBAT (60)	SH'BAM (45)	BODYCOMBAT (45)		CORE (45)	SH'BAM (45)	BODYCOMBAT (60)	22:30
23:00								23:00

※会員様の増加に伴い、スタジオプログラムの変更は今後控えさせていただきます。予めご了承ください。