

PROGRAM SCHEDULES		レッスン2024年12月12日～						
	月	火	水	木	金	土	日	
8:00								
8:30	BODYPUMP (90)	BODYOMBAT (48)	BODYOMBAT (90)	BODYBALANCE (48)	BODYPUMP (48)	CORE (48)	DANCE (48)	
9:00		CORE (30)	CORE (30)	BODYOMBAT (48)	BODYOMBAT (48)	BODYPUMP (48)	CORE (30)	
9:30	BODYOMBAT (90)						BODYOMBAT (48)	
10:00		BODYPUMP (90)	BODYBALANCE (48)	BODYPUMP (48)	CORE (48)	BODYBALANCE (48)		
10:30	DANCE (48)						BODYPUMP (48)	
11:00		DANCE (30)	CORE (30)	CORE (30)	BODYBALANCE (90)	BODYOMBAT (90)		
11:30	CORE (48)							
12:00		BODYOMBAT (90)	DANCE (48)	BODYATTACK (48)			BODYOMBAT (90)	
12:30	DANCE (30)				BODYPUMP (90)	BODYATTACK (90)		
13:00		BODYBALANCE (48)	BODYPUMP (48)	BODYBALANCE (48)			CORE (30)	
13:30	BODYOMBAT (90)				DANCE (30)	BODYPUMP (90)		
14:00		BODYATTACK (48)	DANCE (30)	BODYPUMP (48)		BODYPUMP (90)	BODYBALANCE (90)	
14:30					BODYOMBAT (48)			
15:00	BODYBALANCE (90)	CORE (30)	BODYBALANCE (90)	CORE (30)		CORE (30)	DANCE (30)	
15:30				DANCE (30)	BODYATTACK (48)			
16:00	CORE (30)	BODYOMBAT (90)	BODYATTACK (48)			BODYOMBAT (90)	BODYPUMP (90)	
16:30				BODYBALANCE (90)	BODYOMBAT (90)			
17:00	BODYPUMP (90)		BODYOMBAT (90)			DANCE (30)		
17:30		BODYPUMP (90)		DANCE (30)	DANCE (30)		BODYATTACK (90)	
18:00	BODYBALANCE (48)		BODYPUMP (90)			BODYBALANCE (90)		
18:30		BODYBALANCE (90)		BODYOMBAT (90)	BODYBALANCE (90)		BODYOMBAT (90)	
19:00	BODYOMBAT (90)					BODYATTACK (48)		
19:30		CORE (30)	BODYBALANCE (90)		CORE (30)		BODYBALANCE (90)	
20:00	DANCE (48)			BODYPUMP (90)		BODYOMBAT (90)		
20:30		GET ATHLETE (30)	GET ATHLETE (30)		BODYOMBAT (90)			
21:00	BODYPUMP (48)	BODYOMBAT (90)	CORE (48)	DANCE (48)		BODYPUMP (90)	BODYATTACK (90)	
21:30					GET ATHLETE (30)			
22:00	BODYOMBAT (90)	DANCE (48)	BODYOMBAT (48)	BODYOMBAT (90)	CORE (48)	DANCE (48)	BODYOMBAT (90)	
22:30								
23:00								

※会員数の増加に伴い、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。  
 ※新曲リリース後は、4週間新曲固定後、ランダムで再生させていただきます。

PROGRAM SCHEDULES		レッスン2024年12月12日～						
	月	火	水	木	金	土	日	
10:00	RPM (30)	THE TRIP (48)	RPM (30)	sprint (30)	RPM (90)	RPM (30)	THE TRIP (48)	
10:30								
11:00	sprint (30)	sprint (30)	THE TRIP (48)	RPM (30)	sprint (30)	sprint (30)	sprint (30)	
11:30								
12:00	RPM (90)	RPM (30)	sprint (30)	sprint (30)	THE TRIP (48)	THE TRIP (48)	RPM (30)	
12:30				THE TRIP (48)				
13:00	sprint (30)	THE TRIP (48)	RPM (90)		THE TRIP (48)		THE TRIP (48)	
13:30	RPM (30)	sprint (30)	THE TRIP (48)	RPM (90)		sprint (30)	sprint (30)	
14:00					RPM (30)			
14:30	THE TRIP (48)	RPM (30)		THE TRIP (48)	sprint (30)	THE TRIP (48)	RPM (90)	
15:00			RPM (90)					
15:30	sprint (30)	THE TRIP (48)		sprint (30)	THE TRIP (48)	RPM (30)	THE TRIP (48)	
16:00						sprint (30)		
16:30	RPM (90)	sprint (30)	THE TRIP (48)	RPM (30)	RPM (30)		sprint (30)	
17:00	THE TRIP (48)	RPM (30)	sprint (30)	THE TRIP (48)	sprint (30)	THE TRIP (48)	RPM (30)	
17:30								
18:00	sprint (30)	THE TRIP (48)	RPM (30)	sprint (30)	THE TRIP (48)	RPM (90)	THE TRIP (48)	
18:30								
19:00	RPM (30)	sprint (30)	THE TRIP (48)	RPM (30)	RPM (90)	sprint (30)	sprint (30)	
19:30	THE TRIP (48)	RPM (30)	sprint (30)	sprint (30)	sprint (30)	THE TRIP (48)	RPM (30)	
20:00								
20:30	sprint (30)	THE TRIP (48)	THE TRIP (48)	THE TRIP (48)	THE TRIP (48)	RPM (30)	THE TRIP (48)	
21:00								
21:30	RPM (30)	sprint (30)	RPM (30)	RPM (30)	RPM (30)	sprint (30)	sprint (30)	
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。