

PROGRAM SCHEDULES

レッスン2024年7月1日～

	月	火	水	木	金	土	日	
8:00	BODYPUMP (60)	BODYCOMBAT (45)	BODYCOMBAT (60)	BODYBALANCE (45)	BODYPUMP (45)	CORE (45)	DANCE (45)	8:00
8:30								8:30
9:00		CORE (30)						9:00
9:30	BODYCOMBAT (60)		BARRE (30)	BODYCOMBAT (45)	BODYCOMBAT (45)	BODYPUMP (45)	BARRE (30)	9:30
10:00		BODYPUMP (60)						10:00
10:30			BODYBALANCE (45)	BODYPUMP (45)	CORE (45)	BODYBALANCE (45)	BODYCOMBAT (45)	10:30
11:00	DANCE (45)							11:00
11:30		DANCE (30)	GRIT Strength (30)	CORE (30)			BODYPUMP (45)	11:30
12:00	CORE (45)							12:00
12:30		BODYCOMBAT (60)	SH'BAM (45)	BODYATTACK (45)			BODYCOMBAT (60)	12:30
13:00	GRIT Cardio (30)				BODYPUMP (60)	BODYATTACK (60)		13:00
13:30		SH'BAM (45)	BODYPUMP (45)	BODYBALANCE (45)			CORE (30)	13:30
14:00	BODYCOMBAT (60)				SH'BAM (30)	BODYPUMP (60)		14:00
14:30		BODYATTACK (45)	BARRE (30)	BODYPUMP (45)			BODYBALANCE (60)	14:30
15:00	BODYBALANCE (60)							15:00
15:30		CORE (30)	BODYBALANCE (60)	CORE (30)		CORE (30)	SH'BAM (30)	15:30
16:00	BARRE (30)			GRIT Strength (30)	BODYATTACK (45)			16:00
16:30		BODYCOMBAT (60)	BODYATTACK (45)			BODYCOMBAT (60)	BODYPUMP (60)	16:30
17:00	BODYPUMP (60)			BODYBALANCE (60)	BODYCOMBAT (60)			17:00
17:30		BODYPUMP (60)	BODYCOMBAT (60)			DANCE (30)	BODYATTACK (60)	17:30
18:00	BODYBALANCE (45)			DANCE (30)	DANCE (30)			18:00
18:30		BODYBALANCE (60)	BODYPUMP (60)			BODYBALANCE (60)		18:30
19:00	BODYCOMBAT (60)			BODYCOMBAT (60)	BODYBALANCE (60)		BODYCOMBAT (60)	19:00
19:30						BODYATTACK (45)		19:30
20:00		CORE (30)	BODYBALANCE (60)					20:00
20:30	DANCE (45)							20:30
21:00		GRIT Athletic (30)			BODYCOMBAT (60)			21:00
21:30	BODYPUMP (45)		GRIT Cardio (30)	DANCE (45)			BODYATTACK (60)	21:30
22:00		BODYCOMBAT (60)				BODYPUMP (60)		22:00
22:30	BODYCOMBAT (60)	DANCE (45)	BODYCOMBAT (45)	BODYCOMBAT (60)	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。

※新曲リリース後は、2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)		THE TRIP (45)	RPM (30)	THE TRIP (45)	RPM (50)	14:30
15:00			RPM (50)					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。