

スタジオプログラム

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
0:00	フリースペース						
0:30							
1:00							
1:30							
2:00							
5:00							
5:30							
6:00	BODY BALANCE	SH'BAM	BODY BALANCE	SH'BAM	BODY BALANCE	SH'BAM	BODY BALANCE
6:30							
7:00	CORE	BODY PUMP	CORE	BODY PUMP	CORE	BODY PUMP	CORE
7:30	SH'BAM	BODY BALANCE	SH'BAM	BODY BALANCE	SH'BAM	BODY BALANCE	SH'BAM
8:00							
8:30	BODY ATTACK	CORE	BODY ATTACK	CORE	BODY ATTACK	CORE	BODY ATTACK
9:00	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT
9:30							
10:00	BARRE	BODY BALANCE	BARRE	BODY BALANCE	BARRE	BODY BALANCE	BARRE
10:30	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP
11:00							
11:30	CORE	BARRE	CORE	BARRE	CORE	BARRE	CORE
12:00	フリースペース						
12:30	BARRE	BODY BALANCE	BARRE	BODY BALANCE	BARRE	BODY BALANCE	BARRE
13:00	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT
13:30							
14:00	CORE	BARRE	CORE	BARRE	CORE	BARRE	CORE
14:30	BODY PUMP	BODY ATTACK	BODY PUMP	BODY ATTACK	BODY PUMP	BODY ATTACK	BODY PUMP
15:00							
15:30	BARRE	CORE	BARRE	CORE	BARRE	CORE	BARRE
16:00	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK
17:00	フリースペース						
17:30	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT
18:00							
18:30	SH'BAM	BARRE	SH'BAM	BARRE	SH'BAM	BARRE	SH'BAM
19:00	BARRE	CORE	BARRE	CORE	BARRE	CORE	BARRE
19:30	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK
20:00							
20:30	CORE	SH'BAM	CORE	SH'BAM	CORE	SH'BAM	CORE
21:00	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP
21:30							
22:00	BARRE	GRIT A	BARRE	GRIT S	BARRE	GRIT C	BARRE
22:30	BODY BALANCE	BARRE	BODY BALANCE	BARRE	BODY BALANCE	BARRE	BODY BALANCE
23:00	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK
23:30							

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
0:00	FREE TIME						
0:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
6:30							
7:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
7:30							
8:00	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
8:30							
9:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
9:30	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
10:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
10:30							
11:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
11:30							
12:00	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
13:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
13:30							
14:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
14:30							
15:00	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
15:30	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
16:00							
17:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
17:30							
18:00	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
18:30	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
19:00							
19:30	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
20:00							
20:30	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
21:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
21:30							
22:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
22:30							
23:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
23:30	SPRINT		SPRINT		SPRINT		SPRINT