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	フリータイム						
1:00							
2:00							
3:00							
4:00							
5:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
5:30	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
6:00							
6:30	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP
7:00							
7:30	CORE	BARRE	CORE	BARRE	CORE	BARRE	CORE
8:00	BODY BALANCE	SH'BAM	BODY BALANCE	SH'BAM	BODY BALANCE	SH'BAM	BODY BALANCE
8:30							
9:00	BARRE	CORE	BARRE	CORE	BARRE	CORE	BARRE
9:30	SH'BAM	BODY PUMP	SH'BAM	BODY PUMP	SH'BAM	BODY PUMP	SH'BAM
10:00							
10:30	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
11:00	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
11:30							
12:00	BARRE	CORE	BARRE	CORE	BARRE	CORE	BARRE
12:30	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE
13:00	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP
13:30							
14:00							
14:30	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
15:00	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
15:30							
16:00	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT
16:30	BODY ATTACK	BODY PUMP	BODY ATTACK	BODY PUMP	BODY ATTACK	BODY PUMP	BODY ATTACK
17:00							
17:30	BODY BALANCE	CORE	BODY BALANCE	CORE	BODY BALANCE	CORE	BODY BALANCE
18:00							
18:30	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM
19:00							
19:30	BODY COMBAT	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT
20:00	GRIT A	BARRE	GRIT S	BARRE	GRIT C	BARRE	GRIT S
20:30	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP
21:00							
21:30	BARRE	CORE	BARRE	CORE	BARRE	CORE	BARRE
22:00	CORE	SH'BAM	CORE	SH'BAM	CORE	SH'BAM	CORE
22:30							
23:00	THE TRIP	RPM	THE TRIP	RPM	THE TRIP	RPM	THE TRIP
23:30	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT