

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	<h2>フリータイム</h2>													
1:00														
2:00														
3:00														
4:00														
5:00														
5:30	<h2>フリータイム</h2>													
6:00														
6:30								BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP
7:00														
7:30								CORE	CORE	CORE	CORE	CORE	CORE	CORE
8:00								DANCE	DANCE	DANCE	DANCE	DANCE	DANCE	DANCE
8:30														
9:00	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP							
9:30														
10:00	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE							
10:30	BODY ATTACK	DANCE	BODY ATTACK	DANCE	BODY ATTACK	DANCE	BODY ATTACK							
11:00	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY ATTACK	BODY COMBAT							
11:30														
12:00	CORE	BODY BALANCE	CORE	BODY BALANCE	CORE	BODY BALANCE	CORE							
12:30	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE							
13:00														
13:30	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP							
14:00														
14:30	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK	BODY BALANCE	BODY ATTACK							
15:00	DANCE	CORE	DANCE	CORE	DANCE	CORE	DANCE							
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 PUMP	CORE	BODY PUMP	CORE	BODY PUMP	CORE	BODY PUMP							
18:00														
18:30	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT	BODY BALANCE							
19:00														
19:30	BODY COMBAT	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT							
20:00	BODY BALANCE	DANCE	BODY BALANCE	DANCE	BODY BALANCE	DANCE	BODY BALANCE							
20:30														
21:00	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP							
21:30	BODY ATTACK	CORE	BODY ATTACK	CORE	BODY ATTACK	CORE	BODY ATTACK							
22:00	CORE	BODY PUMP	CORE	BODY PUMP	CORE	BODY PUMP	CORE							
22:30														
23:00	<h2>フリータイム</h2>													
23:30														