

|       | Monday                                       | Tuesday                                 | Wednesday                         | Thursday   | Friday                             | Saturday   |
|-------|--|---|-----------------------------------|--|------------------------------------|--|
| 9:30  |  |   |                                   |  |                                    |  |
| 10:00 |  |   |                                   |  |                                    |  |
| 10:30 |  |   | 朝 Yoga<br>Rina<br>10:00~11:00     |  |                                    |  |
| 11:00 |  |   |                                   |  |                                    |  |
| 11:30 |  |   |                                   |  |                                    |  |
| 12:00 |  |   |                                   |  |                                    |  |
| 12:30 |  |   |                                   |  |                                    |  |
| 13:00 |  |   |                                   |  |                                    |  |
| 13:30 |  |   |                                   | Free Style<br>MARIKO<br>13:00~14:30                |                                    |  |
| 14:00 |  |   |                                   |  |                                    |  |
| 14:30 |  |   |                                   |  |                                    |  |
| 15:00 |  |   |                                   |  |                                    | ハタ Yoga<br>Chappy<br>14:30~15:30                   |
| 15:30 |  |   |                                   | mama's Fitness(ママズフィットネス)<br>MARIKO<br>15:00~16:00 |                                    |  |
| 16:00 |  |   |                                   |  |                                    |  |
| 16:30 |  |   |                                   |  |                                    | mama's Fitness(ママズフィットネス)<br>MARIKO<br>16:00~17:00 |
| 17:00 |  |   |                                   | Kidsクラス<br>Sachiyo<br>16:30~17:30                  |                                    |  |
| 17:30 |  |   |                                   |  |                                    |  |
| 18:00 | Jazz HipHop オープンクラス<br>SHUNKA<br>17:30~19:00 | Jr.Soul & Lock<br>HIROKI<br>17:40~18:40 | Jr. JAZZ<br>NOZOMI<br>18:00~19:00 | Free Style オープンクラス<br>Yuma<br>17:45~18:45          | Jr HipHop<br>MARIKO<br>18:00~19:00 | ピラティス<br>SAKI<br>17:10~18:10                       |
| 18:30 |  |   |                                   |  |                                    |  |
| 19:00 |  |   |                                   |  |                                    | Girl's HipHop<br>SAKI<br>18:20~19:50               |
| 19:30 | HipHop<br>HITOMI<br>19:10~20:40              | HipHop<br>SUMAKO<br>19:00~20:30         | JAZZ<br>NOZOMI<br>19:15~20:45     | JAZZ<br>ayuu<br>19:00~20:30                        | HipHop<br>JIN<br>19:30~21:00       |  |
| 20:00 |  |   |                                   |  |                                    |  |
| 20:30 |  |   |                                   |  |                                    | HipHop<br>MARIKO<br>20:00~21:30                    |
| 21:00 | HipHop<br>TAKA<br>20:50~22:20                |   |                                   |  |                                    |  |
| 21:30 |  |   | HipHop<br>KOICHI<br>21:00~22:30   | Soul & Lock<br>Tsuyoki<br>20:40~22:10              |                                    |  |
| 22:00 |  |   |                                   |  |                                    |  |
| 22:30 |  |   |                                   |  |                                    |  |