

Mon	Tue	Wed	Thu	Fri	Sat	Sun	3th	4th
7:30 Yoga <50>			8:00 Yoga <50>					
8:20			8:50					
10:30 Flex cushion Yoga	10:30 Mat Pilates	10:30 Enjoy functional <40>	10:30 Pelvic Exercise	10:30 Yoga	10:30 Pelvic Stretching 10:50 <20>	10:30 Pilates Stretching	10:30 Pelvic Exercise	10:30 Pelvic Stretching 10:50 <20>
11:30	11:30	11:10 11:20	11:30	11:30	11:00 Pelvic Exercise &Yoga	11:30	11:30	11:00 Yoga
11:40 Pelvic Stretching	11:45【Capacity:20】 B-RAMP	11:40 Roller Relax	11:40 Ballshape	11:40 Tai-Chi	12:00 12:15 Beginner Aerobics	11:40 Low impact Beginner <40>	11:45 Beautiful Pelvic Yoga	12:00 12:15【Capacity:20】
12:30 <50>	12:15 <30>	11:50 Hula Dance	12:00 <20>	12:40	12:35	12:20	12:30 The・Abs	B-RAMP<30>
12:40 S-Ball EX	12:30 Low impact Beginner <40>	12:50	12:50	12:50 Pilates Stretching <50>	12:50 ENJOY RAMP <45>	12:30 ZUMBA <50>	12:50 <20>	12:45
13:00 <20>	13:10	13:00 Yoga	13:50 Latin Dance	13:40 Shape Up	【Capacity:20】 Latin	13:20 ZUMBA Beginner	13:00 Hi-Lo Combo Pre- Intermediate	13:00 【Capacity:24】 Martial Workout Strike Boxing
13:10 Hi-Lo Combo Pre- Intermediate	13:20 The・Abs 13:40 <20>	14:00	14:00	13:50 Low Impact Pre- Intermediate	13:50 Latin Aerobics Pre- Intermediate	13:30 Beginner Aerobics 13:50 <20>	13:50 Stretching&bodymake	MARITAL WORKOUT STRIKE BOXING
14:00	14:00 Aroma Stretching & Relaxation	14:10 Aerobics Beginner <40>	14:30 <30>	14:50 HIP HOP	15:00【Capacity:20】 Pelvic Stretching	14:00 Yoga	14:00 Stretching&bodymake	14:00
14:10 Yoga	15:00	14:50	14:35	15:00【Capacity:20】 Pelvic Stretching	15:00【Capacity:20】 Strike Boxing P re-Intermediate <50>	15:00	14:35 HIP HOP	14:10 Pelvic Exercise Yoga
15:10	15:10 Ballet Stretching	15:00【Capacity:20】 B-RAMP	15:30	15:20	15:30	15:10 Pelvic Stretching	15:35	15:10
15:20 ZUMBA <50>	15:40 <30>	15:30 Lymph Stretching	15:35	15:30 RPB Control	15:50 SRIKE BOXING	15:30 <20>	15:45 S-Ball EX	15:20 Aerobics Beginner <40>
16:10 ZUMBA Beginner	15:45 Ballet Beginner	16:00	16:45 Aroma Yoga	16:30	16:00 BFS GROUP/POEWR <60>	15:40 Balletone <45>	16:05 <20>	16:00
	16:45				【Capacity:22】 17:00 POWER 17:15 Hi-Lo Combo Intermediate	16:25 Balletone 16:35 Martial Workout Pre-Intermediate <45>	16:15 Aroma Yoga	16:15【Capacity:22】 BFS GROUP/POEWR <60> 【Capacity:22】 17:15 POWER
18:30 Beautiful Pelvic Yoga	18:30 Aroma Yoga <50>	18:30 Psoas major muscle exercise	18:30 Low impact Beginner <40>	18:30 Pelvic Exercise Yoga <50>	18:15	17:20 MARTIAL WORKOUT	17:15	
19:00 The・Abs 19:30 <20>	19:20	19:20	19:10	19:20				
19:40 Low impact Beginner <40>	19:30 ZUMBA <50>	19:30 Martial shape	19:15 Beauty Bodymake 19:35 <20>	19:30 Aerobics Beginner <40>				
20:20	20:20 ZUMBA		19:45 Balletone <45>	20:10	<The closing day of this month> 5th(Sat)・13th(Sun) ©Please refrain from the entrance with it being pastclass start time.			
20:30	20:30【Capacity:20】	20:30	20:30 Balletone	20:25【Capacity:22】				
20:30 Pelvic Exercise	Strike Boxing P re-Intermediate <50>	20:40【Capacity:22】 BFS GROUP/POEWR <45>	20:30 ZUMBA <50>	20:40 BFS GROUP/POEWR <45>				
21:30	21:20 SRIKE BOXING	21:25 POWER	21:30 ZUMBA	21:10 POWER				
			21:30 ZUMBA					

Mon	Tue	Wed	Thu	Fri	Sat	Sun	30th
7:30 Yoga <50>			8:00 Yoga <50>				
8:20			8:50				
10:30 Flex cushion Yoga	10:30 Mat Pilates	10:30 Enjoy functional <40>	10:30 Pelvic Exercise	10:30 Yoga	10:30[Capacity:20] Pelvic Stretching 10:50 <20>	10:30 Pilates Stretching	10:30 Flex cushion Yoga
11:30	11:30	11:10 11:20	11:30	11:30	11:00 Pelvic Exercise	11:30	11:30
11:40 Pelvic Stretching <50>	11:45[Capacity:20] B-RAMP 12:15 <30>	11:40 Roller Relax 11:50	11:40 Ballshape 12:00 <20>	11:40 Tai-Chi	&Yoga 12:00 12:10[Capacity:20]	11:40 Low impact Beginner <40>	11:40 S-Ball EX 12:00 <20>
12:30 S-Ball EX <20>	12:30 Low impact Beginner <40>	Hula Dance 12:50	BEGIN•The Studio <30>	12:40	B-RAMP 12:40	12:20 12:30	12:10 ENJOY RAMP <45>
13:00 Hi-Lo Combo Pre- Intermediate	13:10 The•Abs 13:40 <20>	13:00 Yoga	12:50 Latin Dance	12:50 Pilates Stretching <50>	12:50[Capacity:20] ENJOY RAMP <45>	ZUMBA <50>	12:55 13:10 Yoga
14:00	14:00 Aroma Stretching & Relaxation	14:00	13:50 14:00	13:40 Shape Up Low Impact Pre- Intermediate	13:35 Latin Aerobics Pre- Intermediate	13:20 13:30[Capacity:20] Pelvic Stretching 13:50	14:10 14:20 Aerobics Beginner <40>
14:10 Yoga	15:00	14:10 Aerobics Beginner <40>	14:00 Stretching&bodymake 14:30 <30>	14:50	14:50	14:00 Yoga	15:00
15:10	15:10 Ballet Stretching 15:40 <30>	14:50	HIP HOP	15:00[Capacity:20] Pelvic Stretching	15:00[Capacity:20] Strike Boxing P re-Intermediate <50>	15:10 Beginner Aerobics 15:30 <20>	15:10 BFS GROUP/POEWR <60>
15:20 ZUMBA <50>	15:45 Ballet Beginner	15:00 Pelvic Exercise & Lymph	15:35 15:45	15:30 RPB Control	15:50 BFS GROUP/POEWR <60>	15:40 Balletone <45>	16:10 POWER GROUP/POEWR <60>
16:10 ZUMBA FINEST	16:45	16:00	Aroma Yoga	16:30	16:00 BFS GROUP/POEWR <60>	16:25 Balletone <45>	16:25 ZUMBA <50>
			16:45		17:00 POWER GROUP/POEWR <60>	16:35 Martial Workout Pre-Intermediate <45>	17:15 ZUMBA FINEST
18:30[Capacity:20] Beautiful Pelvic Yoga	18:30 Aroma Yoga <50>	18:30 Psoas major muscle exercise	18:30 Low impact Beginner <40>	18:30 Pelvic Exercise Yoga <50>	18:15	17:20 MARTIAL WORKOUT	
19:00 The•Abs 19:30 <20>	19:20 19:30	19:20	19:10 19:15	19:20 Aerobics Beginner <40>			
19:40 Low impact Beginner <40>	ZUMBA <50>	19:30 Martial shape	Beauty Bodymake 19:35 <20>	20:10	<The closing day of this month> 5th(Thu)•21th(Sat) ©Please refrain from the entrance with it being pastclass start time.		
20:20	20:20 ZUMBA FINEST 20:30 [Capacity:20]		19:45 Balletone <45>	20:25[Capacity:22]			
20:30	Strike Boxing P re-Intermediate <50>	20:30	Balletone <45>	BFS GROUP/POEWR <45>			
Pelvic Exercise	21:20 STRIKE BOXING	BFS GROUP/POEWR <45>	20:40 ZUMBA <50>	21:10 POWER GROUP/POEWR <45>			
21:30		21:25 POWER GROUP/POEWR <45>	ZUMBA FINEST				
			21:30				