

Mon	Tue	Wed	Thu	Fri	Sat	Sun	3rd	4th
			8:00 Morning Hot Yoga 8:30					
							9:45 Hot Stretch	
10:25 Beauty Pelvis Stretch 10:45	10:00 Hot Nani Aloha 10:45	10:00 Hot Yoga 10:45		9:45 Hot Lymph Stretch 10:30	10:30 Hot Body Care 11:15		10:05	10:00 Hot Lymph Stretch 10:45
		10:55 Hot Belly Stretch 11:10				11:00		
12:30 Hot Roller 12:50		11:15 Hot Belly Dance 11:45		12:00 Hot Power Yoga 12:45	11:45 Hot Yoga 12:30	Hot Yoga 11:45		12:00 Hot Power Yoga 12:45
	12:30 Hot Roller 12:50 13:00 Hot Lymph Stretch 13:30 13:40					12:30 Hot Roller&Stretch 12:50 13:00 Hot Yoga 13:45	12:20 Hot Flex cushion Yoga 12:50 13:00 Hot Body Care 13:45	
14:10 Hot Yoga 14:40 14:50 Hot Wave Stretch 15:20	Hot Yoga 14:25		13:00 Hot Body Care 13:45	14:10 Hot Flex cushion 14:30 14:40 Hot Pelvis Stretch 15:25 15:35 Beauty Pelvis Stretch 15:55	14:10 Hot Flex cushion Yoga 14:40			14:10 Hot Flex cushion 14:30 14:40 Hot Pelvis Stretch 15:25 15:35 Hot Pelvis Stretch 15:25
		15:10 Hot Flex cushion Yoga 15:40 15:50 THE •Training 16:20	15:30 Waist Shape 15:50			15:20 THE •Training 15:50 16:00 Hot Flex cushion Yoga 16:45		14:10 Hot Flex cushion 14:30 14:40 Hot Pelvis Stretch 15:25
18:30 Beauty Pelvis Stretch 19:00						17:00 Hot Flex cushion Yoga 17:45		17:50 Hot Stretch 18:10
	19:15 Hot Yoga 19:45 19:55 Waist Shape 20:15 20:25 Hot Flex cushion 20:45	Hot Pelvis Stretch aroma 19:30	19:00 Hot RusieDutton 19:45 20:00 Hot Pelvis Stretch 20:30	18:50 Waist Shape 19:10 19:20 Hot Stretch 19:40	18:50 19:00 Hot Stretch 19:20	17:55 Waist Shape 18:15	18:00 Hot Yoga 18:30	18:20 Waist Shape 18:40
					<The closing day of this month> 5th(Sat) • 16th(Wed) ©Please refrain from the entrance with it being past class start time.			

Mon	Tue	Wed	Thu	Fri	Sat	Sun	20th
			8:00 Morning Hot Yoga 8:30				
10:25 Beauty Pelvis Stretch 10:45	10:00 Hot Nani Aloha 10:45	10:00 Hot Yoga 10:45		9:45 Hot Lymph Stretch 10:30	10:30 Hot Body Care 11:15		10:25 Beauty Pelvis Stretch 10:45
12:30 Hot Roller 12:50		10:55 Hot Belly Stretch 11:10 11:15 Hot Belly Dance 11:45		12:00 Hot Power Yoga 12:45	11:45 Hot Yoga 12:30	11:00 Hot Yoga 11:45	12:30 Hot Roller 12:50
14:10 Hot Yoga 14:40 14:50 Hot Wave Stretch 15:20	12:30 Hot Roller 12:50 13:00 Hot Lymph Stretch 13:30 13:40 Hot Yoga 14:25		13:00 Hot Body Care 13:45	14:10 Hot Flex cushion 14:30 14:40 Hot Pelvis Stretch 15:25 15:35 Beauty Pelvis Stretch 15:55	14:10 Hot Flex cushion Yoga 14:40	12:30 Hot Roller&Stretch 12:50 13:00 Hot Yoga 13:45	14:10 Hot Yoga 14:40 14:50 Hot Wave Stretch 15:20 15:30 Waist Shape 15:50
18:30 Beauty Pelvis Stretch 19:00		15:10 Hot Flex cushion Yoga 15:40 15:50 THE • Training 16:20	15:30 Waist Shape 15:50			17:00 Hot Flex cushion Yoga 17:45	
19:15 Hot Yoga 19:45	19:15 Hot Yoga 19:45 19:55 Waist Shape 20:15 20:25 Hot Flex cushion 20:45	18:45 Hot Pelvis Stretch aroma 19:30	19:00 Hot RusieDutton 19:45 20:00 Hot Pelvis Stretch 20:30	18:50 Waist Shape 19:10 19:20 Hot Stretch 19:40	18:30 Waist Shape 18:50 19:00 Hot Stretch 19:20	17:50 Hot Flex cushion Yoga 17:55 Waist Shape 18:15	17:50 Hot Yoga 18:20 18:30 Beauty Pelvis Stretch 19:00
					<The closing day of this month> 5th(Thu)・16th(Mon) ©Please refrain from the entrance with it being past class start time.		