

6

スタジオレッスンスケジュール



スポーツセラピーウェル
(0824) 62-8501

	月	火	水	木	金	土
						1 10:00~10:50 🍏 11:00~11:50 🍏
2	3 13:30~14:00 🍏 14:10~14:50 🧘 15:00~15:50 🧘 19:00~19:40 🧘	4 18:20~19:00 🍏 19:10~19:50 🧘	5 10:30~11:00 🧘 13:30~14:00 🧘 19:00~19:40 🧘	6 15:00~15:30 🍏 15:40~16:30 🧘 16:40~17:30 🍏 19:00~19:50 🍏	7 10:30~11:20 🧘	8 11:00~11:45 🍏 NEW
9	10 13:30~14:00 🍏 14:10~14:50 🧘 15:00~15:50 🧘 19:00~19:40 🧘	11 18:20~18:50 🧘 19:00~19:50 🍏	12 10:30~11:00 🧘 13:30~14:00 🧘 14:10~15:00 🧘 19:00~19:30 🧘	13 15:00~15:30 🍏 15:40~16:30 🧘 16:40~17:30 🍏 19:00~19:50 🍏	14 10:30~11:20 🧘 15:00~15:40 🧘 19:00~19:40 🧘	15 15:00~15:50 🍏 16:00~16:50 🍏
16	17 13:30~14:00 🍏 14:10~14:50 🧘 15:00~15:50 🧘 19:00~19:40 🧘	18 18:20~19:00 🍏 19:10~19:50 🧘	19 10:30~11:00 🧘 13:30~14:00 🧘 14:10~15:00 🧘	20 15:00~15:30 🍏 15:40~16:30 🧘 16:40~17:30 🍏 19:00~19:50 🍏	21 10:30~11:20 🧘	22 15:00~15:50 🍏 16:00~16:50 🍏
23 30	24 13:30~14:00 🍏 14:10~14:50 🧘 15:00~15:50 🧘 19:00~19:40 🧘	25 19:00~19:50 🍏	26 10:30~11:00 🧘 13:30~14:00 🧘 14:10~15:00 🧘 19:00~19:30 🧘	27 15:00~15:30 🍏 15:40~16:30 🧘 16:40~17:30 🍏 19:00~19:50 🍏	28 10:30~11:20 🧘	29



ZUMBA



コンディショニング



尻トレ



ピラティス



アロマ
ストレッチポール & ヨガ



ボクササイズ



コアトレ
& HIIT



UNG
jump