

2019年 1月～ スタジオ・ジムEXスケジュール

| 10:00 | 火 スタジオ | ジムEX | 10:00 | 水 スタジオ | ジムEX | 10:00 | 木 スタジオ | ジムEX | 10:00 | 金 スタジオ | ジムEX | 10:00 | 土 スタジオ | ジムEX | 10:00 | 日 スタジオ | ジムEX |
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| 30 | ZUMBA (森) | 運動教室 | 30 | 歪み改善 肩・腰 すっきり (福本) | 運動教室 | 30 | ZUMBA (田井) | 運動教室 | 30 | 健康 ヨーガ (河村) | | 30 | ZUMBA (田井) | | | | |
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| 11:00 | | (スタッフ) | 11:00 | | | 11:00 | | | 11:00 | | | 11:00 | | | | | |
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| 30 | エアロビクス 初級 + ストレッチ (木村) | | 30 | スタート エアロ (福本) | | 30 | ステップ 中級 (田中) | | 30 | エアロビクス 中級 (TOMOKO) | 15 | 30 | エアロビクス 初級 (木村) | | | | |
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| 20 | | | 20 | ボール& リラックス | | 20 | ファンクショナル ストレッチ (田中) | | 20 | | | 20 | | | | | |
| 30 | | | 30 | (伊藤) | | 30 | | | 30 | | | 30 | | | | | |
| 40 | ピラティス (YUKARI) | | 40 | | | 40 | | | 40 | | | 40 | | | | | |
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| 10 | | | 10 | エアロビクス 中級 (伊藤) | | 10 | エアロビクス 初級 (小林) | | 10 | エアロビクス 上級 (TOMOKO) | | 10 | | | | | |
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| 30 | Fit Box (YUKARI) | | 30 | | | 30 | | | 30 | | | 30 | | | | | |
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| 10 | 歪み改善 肩・腰 すっきり (福本) | | 10 | 青盤体操 (izumi) | | 10 | 元気に 体操 (小林) | | 10 | リフレッシュ フロー ヨガ (阿久井) | | 10 | | | | | |
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| 10 | エアロビクス 初級 (福本) | | 10 | ピラティス (早川) | | 10 | | | 10 | | | 10 | | | | | |
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いつだって
ヒップホップに
踊ろう!!

成人の
ヒップホップダンス
スクールです!
マスター会員・
家族会員様はなんと
無料!!

第1・3
ダンスエアロ
第2・4
ズンバ

第1・3
ヨガ
第2・4
ピラティス

中学生・高校生
もヒップホップに
踊ろう!!

- ダンス系レッスン。
- ウォーミングアップなどに
- 軽く汗をかいてすっきり!
- 汗をかいてシェイプ!
- いろんな動きで充実!
- ピラティス・ヨガ
- 格闘技系レッスン
- スクールレッスン