

# 3月 Pilates Studio excel 藤が丘店 月間スケジュール

	1(Sat)	2(Sun)	3(Mon)	4(Tue)	5(Wed)	6(Thu)	7(Fri)	8(Sat)	9(Sun)	10(Mon)	11(Tue)	12(Wed)	13(Thu)	14(Fri)	15(Sat)	16(Sun)
9:00	9:00~10:00 Animal Strech kyoka ★★☆	9:00~10:00 Back&Arm rina ★★☆						9:00~10:00 Waist T.yuka ★★☆	9:00~10:00 Strech&Conditioning yui ★★☆						9:00~10:00 Body Balance kyoka ★★☆	9:00~10:00 CoreFrow T.yuka ★★☆
10:00				10:00~11:00 Back&Arm arisa ★★☆	10:00~11:00 CoreFrow rina ★★☆	10:00~11:00 Basic kanako ★★☆	10:00~11:00 Intermediate kanako ★★☆			10:00~11:00 Body Balance T.yuka ★★☆	10:00~11:00 Waist rina ★★☆	10:00~11:00 Hip&Legs arisa ★★☆	10:00~11:00 Animal Strech kyoka ★★☆			
11:00	11:00~12:00 Jump Cardio kyoka ★★★	11:00~12:00 Pilates Ballet rina ★★☆						11:00~12:00 CoreFrow T.yuka ★★☆	11:00~12:00 Waist yui ★★☆						11:00~12:00 Hip&Legs kyoka ★★☆	11:00~12:00 Back&Arm T.yuka ★★☆
12:00				12:00~13:00 Pilates Workout arisa ★★★	12:00~13:00 Strech&Conditioning rina ★★☆	12:00~13:00 Intermediate kanako ★★☆	12:00~13:00 Basic kanako ★★☆			12:00~13:00 Waist T.yuka ★★☆	12:00~13:00 Strech&Conditioning rina ★★☆	12:00~13:00 Back&Arm arisa ★★☆	12:00~13:00 Advance kyoka ★★★			
13:00		13:00~14:00 Body Balance kyoka ★★☆														
14:00							14:00~15:00 Intermediate kanako ★★☆							14:00~15:00 Body Balance kyoka ★★☆		
15:00	15:00~16:00 Intermediate kyoka ★★☆	15:00~16:00 Hip&Legs kyoka ★★☆						15:00~16:00 Hip&Legs kyoka ★★☆	15:00~16:00 Advance arisa ★★★						15:00~16:00 Basic kyoka ★★☆	15:00~16:00 Waist yui ★★☆
16:00																
17:00	17:00~18:00 Hip&Legs arisa ★★☆	17:00~18:00 Basic kyoka ★★☆						17:00~18:00 Body Balance kyoka ★★☆	17:00~18:00 Back&Arm arisa ★★☆						17:00~18:00 Pilates Workout arisa ★★★	17:00~18:00 Strech&Conditioning yui ★★☆
18:00				18:00~19:00 Basic kanako ★★☆		18:00~19:00 Pilates Ballet rina ★★☆				18:00~19:00 Back&Arm rina ★★☆		18:00~19:00 Body Balance rina ★★☆				
19:00					19:00~20:00 Intermediate kanako ★★☆		19:00~20:00 Back&Arm yui ★★☆				19:00~20:00 Jump Cardio kyoka ★★★		19:00~20:00 Waist yui ★★☆			
20:00				19:30~20:30 Intermediate kanako ★★☆		19:30~20:30 Body Balance rina ★★☆				19:30~20:30 Basic rina ★★☆		19:30~20:30 Back&Arm rina ★★☆				
21:00					21:00~22:00 Basic kanako ★★☆	21:00~22:00 Advance arisa ★★★	21:00~22:00 Hip&Legs yui ★★☆			21:00~22:00 CoreFrow rina ★★☆	21:00~22:00 Hip&Legs kyoka ★★☆	21:00~22:00 Pilates Workout arisa ★★★	21:00~22:00 Back&Arm yui ★★☆			

