

# 2月～5月臨時タイムテーブル

2019.2～5

	2/11 (月)	3/21 (木)	4/29 (月)	5/3 (金)	5/4 (土)	5/6 (月)
10:00						
10:30	10:30~11:00 BODY PUMP	10:30~11:00 BODY BALANCE	10:30~11:00 BODY PUMP	10:30~11:00 SH'BAM	10:30~11:00 BODY PUMP	10:30~11:00 BODY PUMP
11:00	11:10~11:40 かんたんエアロ	11:10~11:40 かんたんステップ	11:10~11:40 かんたんエアロ	11:10~11:40 BODY COMBAT	11:10~11:40 かんたんエアロ	11:10~11:40 かんたんエアロ
11:30						
12:00	11:50~12:20 BODY BALANCE	11:50~12:20 BODY PUMP	11:50~12:20 BODY BALANCE	11:50~12:20 かんたんステップ	11:50~12:20 SH'BAM	11:50~12:20 BODY BALANCE
12:30						
13:00						
13:30	13:00~13:30 SH'BAM	13:00~13:30 BODY COMBAT	13:00~13:30 SH'BAM	13:00~13:30 BODY BALANCE	13:00~13:30 BODY BALANCE	13:00~13:30 SH'BAM
14:00	13:40~14:10 BODY PUMP	13:40~14:10 CXWORX	13:40~14:10 BODY PUMP	13:40~14:10 SH'BAM	13:40~14:10 BODY ATTACK	13:40~14:10 BODY PUMP
14:30	14:20~14:50 BODY COMBAT	14:20~14:50 BODY BALANCE	14:20~14:50 BODY COMBAT	14:20~14:50 CXWORX	14:20~14:50 SH'BAM	14:20~14:50 BODY COMBAT
15:00	15:00~15:30 CXWORX	15:00~15:30 BODY PUMP	15:00~15:30 CXWORX	15:00~15:30 BODY COMBAT	15:00~15:30 BODY PUMP	15:00~15:30 CXWORX
15:30	15:40~16:10 BODY ATTACK	15:40~16:10 SH'BAM	15:40~16:10 BODY ATTACK	15:40~16:10 BODY PUMP	15:40~16:10 BODY COMBAT	15:40~16:10 BODY ATTACK
16:00						
16:30						
17:00						
17:30	18時閉館	18時閉館	18時閉館	18時閉館	18時閉館	18時閉館
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						