

# 4月～5月臨時タイムテーブル

2019.4月～5月

	4/29 (月)	4/30 (火)	5/1 (水)	5/2 (木)	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 COMBAT	10:30~11:00 BODY BALANCE	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 BODY PUMP	11:10~11:40 BODY ATTACK	11:10~11:40 かんたんステップ	11:10~11:40 BODY COMBAT	11:10~11:40 BODY BALANCE	11:10~11:40 かんたんエアロ
11:30	11:50~12:20 BODY BALANCE	11:50~12:20 SH'BAM	11:50~12:20 BODY BALANCE	11:50~12:20 BODY PUMP	11:50~12:20 BODY BALANCE	11:50~12:20 SH'BAM	11:50~12:20 BODY BALANCE
12:00							
12:30							
13:00	13:00~13:30 SH'BAM	13:00~13:30 CXWORX	13:00~13:30 BODY PUMP	13:00~13:30 BODY COMBAT	13:00~13:30 BODY PUMP	13:00~13:30 BODY BALANCE	13:00~13:30 SH'BAM
13:30	13:40~14:10 BODY PUMP	13:40~14:10 BODY BALANCE	13:40~14:10 SH'BAM	13:40~14:10 CXWORX	13:40~14:10 SH'BAM	13:40~14:10 CXWORX	13:40~14:10 BODY PUMP
14:00	14:20~14:50 BODY COMBAT	14:20~14:50 BODY COMBAT	14:20~14:50 CXWORX	14:20~14:50 BODY BALANCE	14:20~14:50 CXWORX	14:20~14:50 SH'BAM	14:20~14:50 BODY COMBAT
14:30	15:00~15:30 CXWORX	15:00~15:30 SH'BAM	15:00~15:30 BODY BALANCE	15:00~15:30 BODY PUMP	15:00~15:30 BODY COMBAT	15:00~15:30 BODY PUMP	15:00~15:30 CXWORX
15:00	15:40~16:10 BODY ATTACK	15:40~16:10 BODY PUMP	15:40~16:10 BODY COMBAT	15:40~16:10 SH'BAM	15:40~16:10 BODY BALANCE	15:40~16:10 BODY COMBAT	15:40~16:10 BODY ATTACK
15:30							
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時閉館
18:00							
18:30							
19:00							
19:30							
20:00							
20:30							
21:00							