

AMENO 3月臨時タイムテーブル

フィットネスクラブ アメーノ

2020.03

	3/10 (火)	3/14(土)	3/18 (水)	3/20 (金)	3/28(土)	3/29 (日)
10:00						
10:30	10:35~10:55 BODY BALANCE 20	10:30~11:00 BODY PUMP 30	10:30~11:00 BODY COMBAT 30	10:30~11:00 BODY BALANCE 30	10:30~11:00 BODY PUMP 30	10:30~11:00 SH'BAM 30
11:00	11:00~11:15 BP腕 15	11:05~11:35 BODY BALANCE 30	11:05~11:35 CXWORX 30	11:05~11:35 SH'BAM 30	11:05~11:35 BODY BALANCE 30	11:05~11:35 BODY COMBAT
11:30	11:20~11:35 CXWORX 15					
12:00	11:40~12:10 BODY COMBAT 30	11:40~12:10 SH'BAM 30	11:40~12:10 BODY BALANCE 30	11:40~12:10 BODY PUMP 30	11:40~12:10 SH'BAM 30	11:40~12:10 BODY BALANCE 30
12:30			12:15~12:30 BPT下半身15			
13:00						
13:30		13:10~13:40 BODY BALANCE 30		13:10~13:40 CXWORX 30	13:10~13:40 BODY BALANCE 30	13:10~13:40 CXWORX 30
14:00		13:45~14:15 CXWORX 30		13:45~14:15 BODY BALANCE 30	13:45~14:15 CXWORX 30	13:45~14:15 BODY BALANCE 30
14:30	14:10~14:40 SH'BAM ビギナー	14:20~14:50 SH'BAM 30	14:10~14:40 BODY BALANCE ビギナー	14:20~14:50 BODY COMBAT 30	14:20~14:50 SH'BAM 30	14:20~14:50 SH'BAM 30
15:00	14:40~15:10 SH'BAM 30	14:55~15:25 BODY PUMP 30	14:40~15:10 BODY BALANCE 30	14:55~15:55 BODY PUMP	15:00~16:00 BODY ATTACK	15:00~15:30 BODY PUMP 30
15:30	15:15~15:45 BODY BALANCE 30	15:30~16:00 BODY COMBAT 30	15:15~15:45 BODY PUMP 30			15:40~16:10 BODY COMBAT 30
16:00						
16:30						
17:00						
17:30		17:30~18:00 BODY PUMP 30	17:40~18:10 BODY PUMP 30		17:30~18:00 BODY PUMP 30	
18:00	17:50~18:05 BP腕 15	18:05~18:35 CXWORX 30	18:15~18:45 SH'BAM 30	18時閉館	18:05~18:35 CXWORX 30	18時閉館
18:30	18:10~18:25 CXWORX 15	18:40~19:10 BODY BALANCE 30	18:50~19:20 CXWORX 30		18:40~19:10 BODY BALANCE 30	
19:00	18:30~18:45 BB 15	19:15~19:45 BODY COMBAT 30			19:15~19:45 BODY COMBAT 30	
19:30	18:50~19:20 かんたんステップ	19:50~20:20 SH'BAM 30	19:30~20:30 BODY ATTACK		19:50~20:20 SH'BAM 30	
20:00	19:25~19:55 SH'BAM 30					
20:30	20:00~20:30 BODY BALANCE 30					
21:00						