

# AMENO STUDIO REGULAR TIME TABLE 2024.7

AMENO WEB



Strong. Smart. Beautiful.

## AMENO

フィットネスクラブ アメーノ

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00							
30	BODYCOMBAT30 10:15 ▶ 10:45	CORE30 10:15 ▶ 10:45	BODYCOMBAT30 10:15 ▶ 10:45	BODYPUMP30 10:15 ▶ 10:45	BODYATTACK30 10:15 ▶ 10:45	BODYATTACK30 10:15 ▶ 10:45	BODYPUMP30 10:15 ▶ 10:45
11:00	BODYBALANCE30 10:55 ▶ 11:25	BODYPUMP30 11:00 ▶ 11:30 栗林	BODYBALANCE30 10:55 ▶ 11:25	BODYCOMBAT30 10:55 ▶ 11:25	DANCE30 10:55 ▶ 11:25	BODYPUMP30 10:55 ▶ 11:25	BODYCOMBAT45 10:55 ▶ 11:40
30	DANCE30 11:40 ▶ 12:10 栗林	BODYCOMBAT45 11:45 ▶ 12:30 栗林	SH'BAM30 11:35 ▶ 12:05	BODYBALANCE45 11:40 ▶ 12:25 栗林	BODYCOMBAT30 11:35 ▶ 12:05	BODYCOMBAT30 11:35 ▶ 12:05	BODYBALANCE45 11:50 ▶ 12:35
12:00	BODYPUMP45 12:25 ▶ 13:10	DANCE30 12:40 ▶ 13:10	BODYPUMP30 12:15 ▶ 12:45	BODYATTACK30 12:40 ▶ 13:10	CORE45 12:15 ▶ 13:00		
30	CORE30 13:20 ▶ 13:50	BODYPUMP30 13:20 ▶ 13:50	BODYCOMBAT30 12:55 ▶ 13:25	DANCE30 13:20 ▶ 13:50	BODYATTACK30 13:10 ▶ 13:40		
14:00							
30						BODYATTACK30 14:05 ▶ 14:35	BODYCOMBAT30 13:50 ▶ 14:20
15:00						DANCE30 14:45 ▶ 15:15	CORE30 14:30 ▶ 15:00
30						週替わり PUMP BALANCE COMBAT MASTER CLASS 15:30 ▶ 16:30 栗林	BODYATTACK30 15:10 ▶ 15:40
16:00							DANCE30 15:50 ▶ 16:20
30							
17:00							
30						DAGEKI 16:45 ▶ 17:30 栗林	
18:00							
30	BODYCOMBAT45 18:05 ▶ 18:50	CORE30 18:10 ▶ 18:40	BODYPUMP30 18:25 ▶ 18:55	BODYATTACK30 18:10 ▶ 18:40	BODYCOMBAT30 18:35 ▶ 19:05		
19:00	BODYATTACK30 19:00 ▶ 19:30	GRIT ATHLETIC30 18:50 ▶ 19:20	DANCE30 19:05 ▶ 19:35	GRIT CARDIO30 18:50 ▶ 19:20	BODYPUMP30 19:15 ▶ 19:45	BODYATTACK30 18:40 ▶ 19:10	
30	BODYBALANCE45 19:45 ▶ 20:30 栗林	BODYCOMBAT MASTER CLASS 19:30 ▶ 20:30 栗林	CORE45 19:45 ▶ 20:30	BODYPUMP MASTER CLASS 19:30 ▶ 20:30 栗林	DANCE30 20:00 ▶ 20:30 栗林	SH'BAM30 19:20 ▶ 19:50	
20:00						BODYCOMBAT30 20:00 ▶ 20:30	
30							

●毎月15・16日は休館日です。●営業時間 月～土 10:00～21:00 日・祝日 10:00～18:00 ●クラス変更・及び休講する場合がございます。  
●バーチャルはプログラムの途中退場が可能です。●ボディパンプは器具の数に限りがありますのでライブ11名 バーチャル12名となります。

