

AMENO STUDIO REGULAR TIME TABLE 2024. 11

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 | CORE30 10:15 ▶ 10:45 | BODYCOMBAT30 10:15 ▶ 10:45 | BODYBALANCE30 10:15 ▶ 10:45 | BODYPUMP30 10:15 ▶ 10:45 | BODYCOMBAT30 10:15 ▶ 10:45 | BODYCOMBAT30 10:15 ▶ 10:45 | BODYPUMP30 10:15 ▶ 10:45 |
| 11:00 | BODYPUMP30 11:00 ▶ 11:30 栗林 | BODYBALANCE30 10:55 ▶ 11:25 | BODYCOMBAT30 10:55 ▶ 11:25 | DANCE30 11:00 ▶ 11:30 栗林 | BODYPUMP30 10:55 ▶ 11:25 | BODYATTACK30 10:55 ▶ 11:25 | BODYCOMBAT30 10:55 ▶ 11:25 |
| 30 | BODYCOMBAT30 11:45 ▶ 12:15 栗林 | DANCE30 11:35 ▶ 12:05 | CORE30 11:35 ▶ 12:05 | BODYBALANCE45 11:45 ▶ 12:30 栗林 | DANCE30 11:35 ▶ 12:05 | CORE30 11:35 ▶ 12:05 | BODYBALANCE45 11:35 ▶ 12:20 |
| 12:00 | | | DANCE30 12:15 ▶ 12:35 | | BODYBALANCE30 12:15 ▶ 12:35 | | |
| 30 | | | | | | | |
| 13:00 | | | | | | | |
| 30 | | | | | | | |
| 14:00 | | | | | | 2・30 9・23 交替わり45 BALANCE PUMP 14:30 ▶ 15:15 栗林 | BODYPUMP30 14:20 ▶ 14:50 |
| 30 | | | | | | 交替わり30 COMBAT DANCE 15:30 ▶ 16:00 栗林 | BODYCOMBAT30 15:00 ▶ 15:30 |
| 15:00 | | | | | | DAGEKI 16:15 ▶ 17:00 栗林 | DANCE30 15:40 ▶ 16:10 |
| 30 | | | | | | DAGEKI は衛生対策のため 軍手をご準備ください。 | |
| 16:00 | | | | | | | |
| 30 | | | | | | | |
| 17:00 | | | | | | | |
| 30 | | | | | | | |
| 18:00 | GRIT ATHLETIC30 18:10 ▶ 18:40 | GRIT STRENGTH30 18:05 ▶ 18:35 | | BODYATTACK30 18:10 ▶ 18:40 | BODYCOMBAT30 18:10 ▶ 18:40 | | |
| 30 | CORE30 18:50 ▶ 19:20 | BODYBALANCE30 18:45 ▶ 19:15 | BODYPUMP30 18:40 ▶ 19:10 | GRIT CARDIO30 18:50 ▶ 19:20 | CORE45 18:50 ▶ 19:35 | BODYPUMP30 18:40 ▶ 19:10 | |
| 19:00 | BODYBALANCE MASTER CLASS 19:30 ▶ 20:30 栗林 | BODYCOMBAT MASTER CLASS 19:30 ▶ 20:30 栗林 | BODYCOMBAT30 19:20 ▶ 19:50 | BODYPUMP MASTER CLASS 19:30 ▶ 20:30 栗林 | DANCE MASTER CLASS 19:45 ▶ 20:30 栗林 | DANCE30 19:20 ▶ 19:50 | |
| 30 | | | DANCE30 20:00 ▶ 20:30 | | | BODYCOMBAT30 20:00 ▶ 20:30 | |
| 20:00 | | | | | | | |
| 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。

