

AMENO STUDIO REGULAR TIME TABLE

2020 1st
1月～3月

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							
11:00	BODYBALANCE ① 10:30 ▶ 11:00	BODYBALANCE ① 10:35 ▶ 10:55	BODYCOMBAT ① 10:30 ▶ 11:00	BODYPUMP ① 上半身 10:30 ▶ 10:50	SH'BAM ① 10:30 ▶ 11:00	BODYPUMP ① 10:30 ▶ 11:00	SH'BAM ① 10:30 ▶ 11:00
30	SH'BAM ① 11:05 ▶ 11:35	BODYPUMP ① ② 11:00 ▶ 11:15	CXWORX ① 11:05 ▶ 11:35	世界一周回 ① 10:55 ▶ 11:25	世界一周ステップ ① 11:05 ▶ 11:35	BODYBALANCE ① 11:05 ▶ 11:35	BODYCOMBAT ① 11:05 ▶ 11:35
30	BODYPUMP30 ① 11:45 ▶ 12:15	BODYCOMBAT30 ① 11:45 ▶ 12:15	BODYBALANCE ① 11:40 ▶ 12:10	BODYBALANCE ① 11:30 ▶ 12:00	CXWORX ① 11:40 ▶ 12:10	SH'BAM ① 11:40 ▶ 12:10	BODYBALANCE ① 11:40 ▶ 12:10
30			BODYPUMP ① 下半身 12:15 ▶ 12:30				
13:00							
30							
14:00	BODYCOMBAT ① 14:00 ▶ 14:30	SH'BAM ① 14:00 ▶ 14:30	BODYBALANCE ① 14:00 ▶ 14:30	CXWORX ① 14:00 ▶ 14:30	BODYPUMP ① 14:00 ▶ 14:30	BODYBALANCE ① 13:10 ▶ 13:40	BODYPUMP ① 13:10 ▶ 13:40
30	BODYCOMBAT ① 14:30 ▶ 15:00	SH'BAM ① 14:30 ▶ 15:00	BODYBALANCE ① 14:30 ▶ 15:00	CXWORX ① 14:30 ▶ 15:00	BODYPUMP ① 14:30 ▶ 15:00	CXWORX ① 13:45 ▶ 14:15	BODYCOMBAT ① 13:45 ▶ 14:15
30	SH'BAM ① 15:05 ▶ 15:35	BODYBALANCE ① 15:05 ▶ 15:35	BODYPUMP ① 15:05 ▶ 15:35	BODYCOMBAT ① 15:05 ▶ 15:35	CXWORX ① 15:05 ▶ 15:35	SH'BAM ① 14:20 ▶ 14:50	CXWORX ① 14:20 ▶ 14:50
30						BODYPUMP30 ① 15:00 ▶ 15:30	BODYATTACK 30 ① 15:00 ▶ 15:30
30						BODYCOMBAT30 ① 15:40 ▶ 16:10	
16:00							
30							
17:00							
30							
18:00	BODYBALANCE ① 17:50 ▶ 18:20	BODYPUMP ① ② 17:50 ▶ 18:05	BODYPUMP ① 17:40 ▶ 18:10	BODYCOMBAT ① 17:35 ▶ 18:05	CXWORX ① 17:40 ▶ 18:10	CXWORX ① 17:50 ▶ 18:20	
30	SH'BAM ① 18:25 ▶ 18:55	CXWORX ① 18:10 ▶ 18:25	SH'BAM ① 18:15 ▶ 18:45	BODYPUMP ① 18:10 ▶ 18:40	BODYCOMBAT ① 18:15 ▶ 18:45	BODYBALANCE ① 18:25 ▶ 18:55	
30	BODYPUMP ① 上半身 19:00 ▶ 19:20	BODYBALANCE ① 18:30 ▶ 18:45	CXWORX ① 18:50 ▶ 19:20	SH'BAM ① 18:45 ▶ 19:15	BODYBALANCE ① 18:50 ▶ 19:20		
30		世界一周ステップ ① 18:50 ▶ 19:20		CXWORX ① 19:20 ▶ 19:50		DAGEKI ① 19:05 ▶ 19:35	
30	BODYATTACK ① 19:30 ▶ 20:30	SH'BAM ① 19:25 ▶ 19:55	BODYCOMBAT ① 19:30 ▶ 20:30	BODYATTACK 30 ① 20:00 ▶ 20:30	BODYPUMP ① 19:30 ▶ 20:30	BODYCOMBAT45 ① 19:45 ▶ 20:30	
30		BODYBALANCE ① 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。変更内容については店頭、FBでご案内いたします。●バーチャルはプログラムの途中退場が可能です。
- BODYBALANCE、CXWORXではmyマット（ヨガマット）のご準備をお願いいたします。

