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												11:00~12:00 EMI		10:00~11:00 EMI		11:30~12:30 MEME
												12:30~13:30 MARIKO		11:30~12:30 MARIE		14:00~15:00 NORIKO
												18:30~19:30 MAI		13:00~14:00 MARE		15:30~16:30 NORIKO
												20:00~21:00 MAI	_	15:00~16:00 MARIKO		
11:00~12:00	EMI	5	8:00~9:00	EMI	6	9:30~10:30	MEME	7	9:00~10:00	EMI	8	9:30~10:30 CHIHARU	9		10	9:30~10:30 MEME
12:30~13:30	EMI		9:30~10:30	EMI		11:00~12:00	MEME		10:30~11:40	EMI		11:00~12:00 EMI				11:30~12:30 MEME
18:30~19:30	MARIE		11:00~12:00	代MEGU		15:00~16:00	代MEGU		15:00~16:00	MISATO		12:30~13:30 代EMI		定休日		14:00~15:00 NORIKO
20:00~21:00	MARIE		15:00~16:00	MEGU		18:30~19:30	MARIE		18:30~19:30	MEME		18:30~19:30 MAI				15:30~16:30 NORIKO
				MEME MEME		20:00~21:00	MARIE		20:00~21:00	MEME		20:00~21:00 MAI		【満月】		
8:00~9:00	EMI	12	8:00~9:00	EMI	13	9:30~10:30	MEME	14	9:00~10:00	EMI	15		16	8:30~9:30 EMI	17	9:30~10:30 MEME
9:30~10:30	EMI		9:30~10:30	EMI		11:00~12:00	MEME		10:30~11:40	EMI				10:00~11:00 EMI		11:30~12:30 MEME
11:00~12:00	MARIE			師トレード MEGU		15:00~16:00	YURI		15:00~16:00	MARIKO		定休日		11:30~12:30 MARIE		14:00~15:00 NORIKO
12:30~13:30	MARIE		15:00~16:00	YURI		18:30~19:30	MARIE		18:30~19:30	MEME				13:00~14:00 MARE		15:30~16:30 NORIKO
★祝日特別スク	rジュール★		18:30~19:30 20:00~21:00	MEME MEME		20:00~21:00	MARIE		20:00~21:00	MEME				15:00~16:00 MARIKO		
11:00~12:00	EMI	19	8:00~9:00	EMI	20	9:30~10:30	MEME	21	9:00~10:00	EMI	22	9:30~10:30 CHIHARU	23	8:30~9:30 EMI	24	
12:30~13:30	EMI		9:30~10:30	EMI		11:00~12:00	MEME		10:30~11:40	EMI		11:00~12:00 EMI		10:00~11:00 EMI		
18:30~19:30	MARIE		11:00~12:00	代MEGU		15:00~16:00	代MEGU		15:00~16:00	MISATO		12:30~13:30 MARIKO		11:30~12:30 MARIE		定休日
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			18:30~19:30	MEME		20:00~21:00	MARIE		20:00~21:00	MEME		20:00~21:00 MAI		15:00~16:00 MARIKO		
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12:30~13:30	EMI		9:30~10:30	EMI		11:00~12:00	MEME		10:30~11:40	EMI		11:00~12:00 EMI		10:00~11:00 EMI		11:30~12:30 MEME
18:30~19:30	MARIE		11:00~12:00	YURI		15:00~16:00	YURI		15:00~16:00	MARIKO		12:30~13:30 MARIKO		11:30~12:30 MARIE		14:00~15:00 NORIKO
20:00~21:00	MARIE		15:00~16:00	MEGU		18:30~19:30	MARIE		18:30~19:30	MEME		18:30~19:30 MAI		13:00~14:00 MARE		15:30~16:30 NORIKO
			18:30~19:30 20:00~21:00	MIKU MEME		20:00~21:00	MARIE		20:00~21:00	MEME		20:00~21:00 MAI		15:00~16:00 MARIKO		
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11:00~12:00 EMI 11:00~12:00 EMI 11:00~12:00 EMI 11:00~12:00 EMI 11:00~12:00 MARIE 11:0

NEWクラスのご紹介

祝日★特別クラス

●毎週火曜日8:00~【朝の後屈ヨガ!★★★】担当 EMI

内容:骨盤周辺の筋肉を(緩める・使う)を意識しながら全身が整うクラス!

●毎週火曜日8:00~【朝の後屈∃ガ!★★★】担当 EMI

内容:初めてでも安心!目覚めたてのお身体をさまざまな後屈のポーズで心身がスッキリ!なクラス 優しいポーズから深めるポーズまでレクチャーします。 後屈がしやすいようにゆっくり深めましょう♡

毎週金曜日12:30~【美くびれヨガ★★】担当 MARIKO

内容:ダイエットしても上手くびれが出来ない方にお勧めのクラス 効果が出やすい動かし方をマスターしましょう♡

♡8月11日(月)祝日特別スケジュール♡

8:00~骨盤調整ヨガ★2.5 担当EMI 9:30~背中快適!ブリッジやってみよう★3.5 担当EMI 11:00~ボディメイクヨガ★3 担当MARIE 12:30~浮腫み改善ヨガ★2 担当MARIE