

| | MON | | TUE | | WED | | THU | | FRI | | SAT | | SUN | |
|----|---|----|---|----|---|---|---|---|---|--|--|---|--|---|
| | | | | 1 | 定休日 | | 2 | 9:00~10:00 EMI 10:30~11:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME | 3 | 9:30~10:30 CHIHARU 11:00~12:00 EMI 14:00~15:00 MARIKO 18:30~19:30 MAI 20:00~21:00 MAI | 4 | 8:30~9:30 EMI 10:00~11:00 EMI 11:30~12:30 EMI 13:30~14:30 MARIKO 15:00~16:00 MARIKO | 5 | 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 NORIKO 15:30~16:30 NORIKO |
| 6 | 11:00~12:00 EMI 12:30~13:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME | 7 | 9:00~10:00 EMI 10:30~11:30 EMI 12:00~13:00 MEGU 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 8 | | 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 MARIKO 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 9 | 9:00~10:00 EMI 10:30~11:30 EMI 15:00~16:00 MISATO 18:30~19:30 MEME 20:00~21:00 MEME | 10 | 9:30~10:30 CHIHARU 11:00~12:00 EMI 14:00~15:00 MARIKO 18:30~19:30 MAI 20:00~21:00 MAI | 11 | 8:30~9:30 EMI 10:00~11:00 EMI 13:30~14:30 MARIKO 15:00~16:00 MARIKO | 12 | 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 NORIKO 15:30~16:30 NORIKO |
| 13 | 11:00~12:00 EMI 12:30~13:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME | 14 | 【新月】 9:00~10:00 EMI 10:30~11:30 EMI 12:00~13:00 MEGU 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 15 | | 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 MARIKO 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 16 | 定休日 | 17 | 9:30~10:30 CHIHARU 11:00~12:00 SHIHO 12:30~13:30 SHIHO 14:00~15:00 MARIKO 18:30~19:30 MAI 20:00~21:00 MAI | 18 | 8:30~9:30 EMI 10:00~11:00 EMI 11:30~12:30 EMI 13:30~14:30 MARIKO 15:00~16:00 MARIKO | 19 | 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 NORIKO 15:30~16:30 NORIKO |
| 20 | 9:00~10:00 代MARIKO 10:30~11:30 代MARIKO 14:00~15:00 MEME 15:30~16:30 MEME | 21 | 9:00~10:00 EMI 10:30~11:30 EMI 12:00~13:00 MEGU 18:30~19:30 代MEME 20:00~21:00 代MEME | 22 | | 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 MARIKO 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 23 | | 9:00~10:00 EMI 10:30~11:30 EMI 15:00~16:00 MISATO 18:30~19:30 MEME 20:00~21:00 MEME | 24 | 9:30~10:30 CHIHARU 11:00~12:00 SHIHO 12:30~13:30 SHIHO 14:00~15:00 MARIKO 18:30~19:30 MAI 20:00~21:00 MAI | 25 | 8:30~9:30 EMI 10:00~11:00 EMI 13:30~14:30 MARIKO 15:00~16:00 MARIKO | 26 |
| 27 | 11:00~12:00 EMI 12:30~13:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME | 28 | 9:00~10:00 EMI 10:30~11:30 EMI 12:00~13:00 MEGU 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 29 | 【満月】 9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 MARIKO 18:30~19:30 SHIHO 20:00~21:00 SHIHO | 30 | 9:00~10:00 EMI 10:30~11:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME | 31 | 定休日 | | | | | |

♡NEW クラス♡

7月NEWクラス
【毎週火曜日】

18:30~パワーヨガ★3 担当SHIHO
20:00~リセットヨガ★2 担当SHIHO

7月NEWクラス
【毎週水曜日】

14:00~初めてのピラティス★2 担当MARIKO
18:30~美背中ヨガ★2.5 担当SHIHO
20:00~フローリラックスヨガ★2 担当SHIHO