

4/29(土・祝) Lesson Schedule

STUDIO

10:00		10:00
:30		:30
11:00	10:30-11:00 ENJOY AERO Honma	11:00
:30		:30
12:00	11:15-12:00 ENJOY STEP Honma	12:00
:30		:30
13:00	12:30-13:30 BODY SHAPE Kuwahara	13:00
:30		:30
14:00	13:45-14:45 骨盤調整YOGA Nanae	14:00
:30		:30
15:00	15:00-15:45 TOPRIDE Sugioka	15:00
:30		:30
16:00	16:00-17:00 ZUMBA Masumi	16:00
:30		:30
17:00	17:15-17:45 STRETCH Kuwahara	17:00
:30		:30
18:00	17:55-19:05 BALLET ～基礎・初級～ nachi	18:00
:30		:30
19:00		19:00
:30		:30
20:00		20:00

13:30～スタジオ前受付
にて予約受付

定員 10名



NAS Wellness & Spa

CLUB 芝浦アイランド