

# 下井草店 4月確定版スケジュール

|        |  | 火曜日 |      |      |        | 水曜日   |    |      |      | 木曜日    |       |    |      | 金曜日  |        |       |    | 土曜日  |      |        |       | 日曜日 |      |                       |  |
|--------|--|-----|------|------|--------|-------|----|------|------|--------|-------|----|------|------|--------|-------|----|------|------|--------|-------|-----|------|-----------------------|--|
| ASスタジオ | Bスタジオ  | ジム  | プールA | プールB | ASスタジオ | Bスタジオ | ジム | プールA | プールB | ASスタジオ | Bスタジオ | ジム | プールA | プールB | ASスタジオ | Bスタジオ | ジム | プールA | プールB | ASスタジオ | Bスタジオ | ジム  | プールA | プールB                  |  |
| 15     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | ベースイング<br>08:10~08:55 |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 09:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 09:00                 |  |
| 15     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | ベースイング<br>08:55~09:40 |  |
| 30     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 10:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 10:00                 |  |
| 15     | 30分5<br>10:00~10:45<br>堀内 真<br>【予約】                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>10:15~10:45<br>堀内 真<br>【予約】                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 11:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 11:00                 |  |
| 15     | エロ1<br>11:05~11:45<br>堀内 真<br>【予約】                     |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>11:00~12:00<br>堀内 真<br>【予約】                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 12:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 12:00                 |  |
| 15     | BASE WALK45<br>12:05~12:50<br>安部 浩子<br>【予約】            |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>12:00~13:05<br>堀内 真<br>【予約】                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 13:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 13:00                 |  |
| 15     | (MOVE BODY)<br>DANCE45<br>13:10~13:55<br>安部 浩子<br>【予約】 |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>13:10~14:05<br>堀内 真<br>【予約】                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 14:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 14:00                 |  |
| 15     | スタジオ2<br>14:10~15:00<br>堀内 真<br>【予約】                   |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>14:10~15:05<br>堀内 真<br>【予約】                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 15:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15:00                 |  |
| 15     | Moe Styleスタジオ45<br>15:15~16:00<br>堀内 真<br>【予約】         |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>15:30~16:30                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 16:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 16:00                 |  |
| 15     | スタジオ1<br>16:30~17:30                                   |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>16:30~17:30                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 17:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 17:00                 |  |
| 15     | スタジオ1<br>17:30~18:30                                   |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>17:30~18:30                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 18:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 18:00                 |  |
| 15     | スタジオ1<br>18:30~19:30                                   |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>18:30~19:30                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 19:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 19:00                 |  |
| 15     | スタジオ1<br>19:30~20:05<br>堀内 真<br>【予約】                   |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>19:30~20:05                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 20:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 20:00                 |  |
| 15     | スタジオ1<br>20:05~20:55<br>堀内 真<br>【予約】                   |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>20:05~20:55                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 21:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 21:00                 |  |
| 15     | HATHA YOGA<br>21:00~21:45<br>堀内 真<br>【予約】              |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |
| 30     | 堀内 真<br>21:00~21:45                                    |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 30                    |  |
| 45     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 45                    |  |
| 22:00  |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 22:00                 |  |
| 15     |  |     |      |      |        |       |    |      |      |        |       |    |      |      |        |       |    |      |      |        |       |     |      | 15                    |  |

     ... 4月新プログラム  
     ... プログラム変更  
     ... 時間/担当者変更  
     ... 変更箇所を  
     青太字表記