

船橋習志野店 スタジオプログラム スケジュール



Start	End	月	火	水	木	金	土	日	
0:00	0:30	SH'BAM BEGINNER	RPM BEGINNER	BODYPUMP BEGINNER	BODYBALANCE BIGGINER	BODYCOMBAT BEGINNER	barre BEGINNER	SH'BAM BEGINNER	
0:30	1:00	SH'BAM 30min	RPM 30min	BODYPUMP 30min	BODYBALANCE Flexibility	BODYCOMBAT 30min	barre 30min	SH'BAM 30min	
1:00	1:30	TRIP 45min	BODYCOMBAT 45min	TRIP 45min	BODYATTACK 45min	TRIP 45min	BODYCOMBAT 45min	TRIP 45min	
1:30	2:00								
2:00	2:30	BODYPUMP 45min	BODYATTACK 45min	SH'BAM 45min	RPM 50min	BODYPUMP 45min	SH'BAM 45min	RPM 50min	
2:30	3:00								
3:00	3:30	休止時間		休止時間		休止時間		休止時間	
3:30	4:00	休止時間		休止時間		休止時間		休止時間	
4:00	4:30	RPM BEGINNER	BODYPUMP BEGINNER	BODYBALANCE BIGGINER	BODYCOMBAT BEGINNER	SH'BAM BEGINNER	CORE CORE BEGINNER	barre BEGINNER	
4:30	5:00	RPM 30min	BODYPUMP 30min	BODYBALANCE Flexibility	BODYCOMBAT 30min	SH'BAM 30min	CORE CORE 30min	barre 30min	
5:00	5:30	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	
5:30	6:00								
6:00	6:30	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	
6:30	7:00								
7:00	7:30	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE 45min	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	
7:30	8:00	BODYBALANCE Flexibility	BODYBALANCE Strength	BODYBALANCE YOGA		BODYBALANCE Flexibility	BODYBALANCE Strength	BODYBALANCE YOGA	
8:00	8:30	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	
8:30	9:00								
9:00	9:30	BODYPUMP BEGINNER	BODYBALANCE BIGGINER	CORE CORE BEGINNER	BODYCOMBAT BEGINNER	SH'BAM BEGINNER	barre BEGINNER	BODYATTACK BEGINNER	
9:30	10:00	BODYPUMP 30min	BODYBALANCE Flexibility	CORE CORE 15min	BODYCOMBAT 30min	SH'BAM 30min	barre 30min	BODYATTACK 30min	
10:00	10:30	BODYBALANCE 45min	barre BEGINNER	BODYBALANCE 45min	barre BEGINNER	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	
10:30	11:00		barre 30min		barre 30min				
11:00	11:30	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	
11:30	12:00								
12:00	12:30	BODYATTACK 45min	SH'BAM 45min	BODYATTACK 45min	SH'BAM 45min	BODYATTACK 45min	SH'BAM 12:10-45min	BODYATTACK 45min	
12:30	13:00								
13:00	13:30	RPM 50min	RPM By R.TAKANO		RPM 50min	YOGA BY MASAKI		CORE CORE BEGINNER	
13:30	14:00						CORE CORE 30min	RPM By R.TAKANO SH'BAM 30min	
14:00	14:30	BODYPUMP 45min	TRIP 14:10-45min	BODYPUMP 12:10-45min	TRIP 12:10-45min	BODYPUMP 45min	TRIP 45min	BODYPUMP 45min	
14:30	15:00								
15:00	15:30	BODYBALANCE 45min	BODYPUMP 45min	BODYBALANCE 45min	BODYPUMP 45min	BODYBALANCE 45min	BODYPUMP 45min	BODYBALANCE 45min	
15:30	16:00								
16:00	16:30	SPTINT 30min	YOGA BY MASAKI		SPTINT 30min	BODYBALANCE 45min	SPTINT 30min	BODYBALANCE 45min	
16:30	17:00	CORE 30min		CORE 30min		CORE 30min	CORE 30min	CORE 30min	
17:00	17:30	TRIP 45min	SPTINT 30min	TRIP 45min	SPTINT 30min	TRIP 45min	SPTINT 30min	TRIP 45min	
17:30	18:00		CORE 15min		CORE 30min		CORE 15min		
18:00	18:30	BODYBALANCE BIGGINER	RPM 50min	RPM By R.TAKANO		TRIP 45min	BODYBALANCE BIGGINER	YOGA BY MASAKI BODYBALANCE BIGGINER	
18:30	19:00	BODYBALANCE Strength				BODYBALANCE YOGA	YOGA BY MASAKI BODYBALANCE YOGA		
19:00	19:30	BODYPUMP BEGINNER	BODYBALANCE 19:10-45min	CORE 19:10-45min	BODYATTACK BEGINNER	SH'BAM BEGINNER	BODYPUMP 19:10-45min	BODYCOMBAT BEGINNER	
19:30	20:00	BODYPUMP 30min			BODYATTACK 30min	SH'BAM 30min		BODYCOMBAT 30min	
20:00	20:30	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	TRIP 45min	
20:30	21:00								
21:00	21:30	BODYCOMBAT 45min	BODYPUMP 45min	BODYATTACK 45min	BODYPUMP 45min	BODYATTACK 45min	barre BEGINNER	BODYATTACK 45min	
21:30	22:00						barre 30min		
22:00	22:30	RPM 50min	BODYCOMBAT 45min	RPM 50min	BODYCOMBAT 45min	RPM 50min	BODYCOMBAT 45min	RPM 50min	
22:30	23:00								
23:00	23:30	SH'BAM BEGINNER	RPM 50min	SH'BAM BEGINNER	RPM 50min	SH'BAM BEGINNER	RPM 50min	SH'BAM BEGINNER	
23:30	0:00	SH'BAM 30min		SH'BAM 30min		SH'BAM 30min		SH'BAM 30min	