

成田店 スタジオプログラム スケジュール 2022年5月～



Start	End	月	火	水	木	金	土	日
0:00 - 0:30		SH'BAM BEGINNER	CORE BEGINNER	BODYPUMP BEGINNER	BODYBALANCE BIGGINER	BODYCOMBAT BEGINNER	BODYPUMP BEGINNER	SH'BAM BEGINNER
0:30 - 1:00		SH'BAM 30min	CORE 30min	BODYPUMP 30min	BODYBALANCE Flexibility	BODYCOMBAT 30min	BODYPUMP 30min	SH'BAM 30min
1:00 - 1:30		BODYBALANCE 45min	BODYCOMBAT 45min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	BODYBALANCE 45min	BODYCOMBAT 45min
1:30 - 2:00		BODYPUMP 45min	CORE 45min	SH'BAM 45min	BODYCOMBAT 45min	SH'BAM 45min	CORE 45min	BODYPUMP 45min
2:00 - 2:30								
2:30 - 3:00								
3:00 - 3:30		休止時間	休止時間	休止時間	休止時間	休止時間	休止時間	休止時間
3:30 - 4:00								
4:00 - 4:30		CORE BEGINNER	BODYPUMP BEGINNER	BODYBALANCE BIGGINER	BODYCOMBAT BEGINNER	SH'BAM BEGINNER	CORE BEGINNER	BODYPUMP BEGINNER
4:30 - 5:00		CORE 30min	BODYPUMP 30min	BODYBALANCE Flexibility	BODYCOMBAT 30min	SH'BAM 30min	CORE 30min	BODYPUMP 30min
5:00 - 5:30		BODYPUMP BEGINNER	CORE BEGINNER	BODYPUMP BEGINNER	BODYBALANCE BIGGINER	BODYCOMBAT BEGINNER	SH'BAM BEGINNER	CORE BEGINNER
5:30 - 6:00		BODYPUMP 30min	CORE 30min	BODYPUMP 30min	BODYBALANCE Flexibility	BODYCOMBAT 30min	SH'BAM 30min	CORE 30min
6:00 - 6:30		BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min	BODYBALANCE 45min
6:30 - 7:00		BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE 45min	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER
7:00 - 7:30		BODYBALANCE Flexibility	BODYBALANCE Strength	BODYBALANCE YOGA	BODYBALANCE Flexibility	BODYBALANCE Strength	BODYBALANCE YOGA	BODYBALANCE YOGA
7:30 - 8:00		SH'BAM 45min	BODYCOMBAT 45min	SH'BAM 45min	CORE 45min	BODYPUMP 45min	CORE 45min	BODYPUMP 45min
8:00 - 8:30		BODYCOMBAT 45min	BODYPUMP 45min	BODYBALANCE BIGGINER	BODYPUMP 45min	BODYCOMBAT 45min	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER
8:30 - 9:00				BODYBALANCE YOGA			BODYBALANCE YOGA	BODYBALANCE YOGA
9:00 - 9:30		コンディショニング BY EMI	HIP AND REG BY EMI	BODYPUMP 45min	BASIC BY EMI	Ab BY EMI	BODYCOMBAT 60min	BODYPUMP 60min
9:30 - 10:00		BODYCOMBAT 11:10-45min	BODYCOMBAT 11:10-45min	BODYBALANCE 11:10-45min	BODYCOMBAT 11:10-45min	BODYPUMP 11:10-45min	BODYBALANCE 45min	BODYCOMBAT 60min
10:00 - 10:30		BODYPUMP 45min	SH'BAM 45min	BODYCOMBAT 45min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	SH'BAM 12:10-45min
10:30 - 11:00		BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER
11:00 - 11:30		BODYBALANCE Flexibility	BODYBALANCE Strength	BODYBALANCE YOGA	BODYBALANCE YOGA	BODYBALANCE Flexibility	BODYBALANCE Strength	BODYBALANCE YOGA
11:30 - 12:00		BODYCOMBAT 45min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	SH'BAM 45min	BODYCOMBAT 60min	BODYPUMP 60min
12:00 - 12:30		BODYBALANCE 45min	BODYPUMP 45min	BODYBALANCE 45min	SH'BAM 45min	BODYBALANCE 45min	BODYPUMP 60min	BODYCOMBAT 60min
12:30 - 13:00		CORE BEGINNER	BODYBALANCE 45min	BODYPUMP 45min	BODYBALANCE 45min	CORE BEGINNER	BODYCOMBAT 60min	CORE BEGINNER
13:00 - 13:30		CORE 30min	BODYBALANCE 45min	BODYPUMP 45min	BODYBALANCE 45min	CORE 30min	BODYCOMBAT 60min	CORE 30min
13:30 - 14:00		SH'BAM BEGINNER	CORE BEGINNER	SH'BAM BEGINNER	CORE BEGINNER	SH'BAM BEGINNER	BODYPUMP 60min	SH'BAM BEGINNER
14:00 - 14:30		SH'BAM 30min	CORE 30min	SH'BAM 30min	CORE 30min	SH'BAM 30min	SH'BAM 30min	SH'BAM 30min
14:30 - 15:00		BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER	BODYBALANCE BIGGINER
15:00 - 15:30		BODYBALANCE YOGA	BODYBALANCE YOGA	BODYBALANCE YOGA	BODYBALANCE YOGA	BODYBALANCE YOGA	BODYBALANCE YOGA	BODYBALANCE YOGA
15:30 - 16:00		BODYBALANCE 19:10-45min	BODYCOMBAT 60min	CORE BEGINNER	BODYCOMBAT 60min	Active Relax BY EMI	BODYCOMBAT 45min	BODYCOMBAT BEGINNER
16:00 - 16:30		BODYBALANCE 30min	BODYCOMBAT 30min	CORE 30min	BODYCOMBAT 30min	BODYCOMBAT 30min	BODYCOMBAT 30min	BODYCOMBAT 30min
16:30 - 17:00		BODYPUMP BEGINNER	SH'BAM 45min	BODYCOMBAT BEGINNER	BODYPUMP BEGINNER	BODYCOMBAT 20:15-BEGINNER	SH'BAM BEGINNER	BODYBALANCE 45min
17:00 - 17:30		BODYPUMP 30min	SH'BAM 45min	BODYCOMBAT 30min	BODYPUMP 30min 上半身	BODYCOMBAT 20:15-BEGINNER	SH'BAM 30min	BODYBALANCE 45min
17:30 - 18:00		BODYCOMBAT 45min	CORE 45min	BODYCOMBAT 60min	CORE 45min	BODYCOMBAT 45min	BODYPUMP 45min	CORE 45min
18:00 - 18:30		BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min
18:30 - 19:00		SH'BAM BEGINNER	CORE 45min	SH'BAM BEGINNER	CORE 45min	SH'BAM BEGINNER	CORE 45min	SH'BAM BEGINNER
19:00 - 19:30		SH'BAM 30min	CORE 45min	SH'BAM 30min	CORE 30min	SH'BAM 30min	CORE 45min	SH'BAM 30min