

## 2026.5 STUDIO PROGRAM SCHEDULE

	DAY		11:30~12:00	19:00~19:30	20:00~20:45	
Monday	4	祝日の為、担当者未定				
	11		ZUMBA	YUTA	COMBAT	
	18		ZUMBA	YUTA	COMBAT	
	25		ZUMBA	YUTA	COMBAT	
	DAY	7:45~8:15	14:00~14:15	18:30~18:45	19:00~19:30	19:45~20:00
Tuesday	5	祝日の為、担当者未定				
	12	YOSHIKA	ABS	KOSUKE	ATTACK	ABS
	19	YOSHIKA	ABS	KOSUKE	ATTACK	ABS
	26	YOSHIKA	ABS	KOSUKE	ATTACK	ABS
	DAY	7:20~7:50	12:30~12:45	13:30~14:00	19:00~19:45	20:00~20:30
Wednesday	6	祝日の為、担当者未定				
	13	NATSUMI	NATSUMI	COMBAT	RIKUTO	ATTACK
	20	NATSUMI	NATSUMI	COMBAT	RIKUTO	ATTACK
	27	NATSUMI	NATSUMI	COMBAT	RIKUTO	ATTACK
	DAY	7:15~8:00	13:45~14:15	18:30~19:00	19:30~20:00	
Thursday	7	YOSHIKA	YOSHIKA	HAYANO	COMBAT	
	14	YOSHIKA	YOSHIKA	KIKO	COMBAT	
	21	YOSHIKA	YOSHIKA	KOSUKE	COMBAT	
	28	YOSHIKA	YOSHIKA	KOSUKE	COMBAT	
	DAY	7:15~7:30	7:45~8:15	12:30~12:45	19:30~20:00	
Friday	1	ABS	YUTA	NATSUMI	ANDO	
	8	ABS	YUTA	NATSUMI	ANDO	
	15	ABS	YUTA	NATSUMI	KOSUKE	
	22	ABS	YUTA	NATSUMI	KOSUKE	
	29	ABS	YUTA	NATSUMI	KOSUKE	
Saturday	DAY	11:15~12:00	12:15~12:30	16:00~16:30	16:45~17:00	18:15~18:45
	2	KIKO	ABS	ATTACK	NAOKI	COMBAT
	9	KIKO	ABS	ATTACK	YURIE	COMBAT
	16	MIKURI	ABS	ATTACK	NAOKI	COMBAT
	23	MIKURI	ABS	ATTACK	NAOKI	COMBAT
	30	MIKURI	ABS	ATTACK	NAOKI	COMBAT
Sunday	DAY	9:30~10:00	10:30~11:00	13:35~14:05	17:15~17:45	
	3	COMBAT	YUTA	ZUMBA	KIKO	
	10	休館日				
	17	COMBAT	YUTA	ZUMBA	NAOKI	
	24	休館日				
	31	COMBAT	YUTA	ZUMBA	NAOKI	