

2026. 8 STUDIO PROGRAM SCHEDULE

Monday	DAY			11:30~12:00	19:00~19:30	20:00~20:45	
	3			ZUMBA	YUTA	COMBAT	
	10			ZUMBA	YUTA	COMBAT	
	17			ZUMBA	YUTA	COMBAT	
	24			ZUMBA	ANDO	COMBAT	
	31			ZUMBA	YUTA	COMBAT	
Tuesday	DAY	7:45~8:15		14:00~14:15	18:30~18:45	19:00~19:30	19:45~20:00
	4	YOSHIKA		ABS(YOSHIKA)	NAOKI	ATTACK	ABS(HAYANO)
	11	祝日の為プログラムおよび担当者は予約システムにてご確認ください					
	18	YOSHIKA		ABS(YOSHIKA)	KOSUKE	ATTACK	ABS(HAYANO)
	25	YOSHIKA		ABS(YOSHIKA)	KOSUKE	ATTACK	ABS(HAYANO)
Wednesday	DAY	7:20~7:50		12:30~12:45	14:15~14:45	18:30~19:15	19:30~20:00
	5	NATSUMI		NATSUMI	COMBAT	PILATES	NAOKI
	12	NATSUMI		NATSUMI	COMBAT	PILATES	RIKUTO
	19	NATSUMI		NATSUMI	COMBAT	PILATES	RIKUTO
	26	NATSUMI		NATSUMI	COMBAT	PILATES	RIKUTO
Thursday	DAY	7:30~8:00		13:45~14:15	18:30~19:00	19:30~20:00	
	6	YOSHIKA		YOSHIKA	KOSUKE	COMBAT	
	13	YOSHIKA		YOSHIKA	KOSUKE	COMBAT	
	20	YOSHIKA		YOSHIKA	KOSUKE	COMBAT	
	27	YOSHIKA		YOSHIKA	HAYANO	COMBAT	
Friday	DAY	7:15~7:30	7:45~8:15	12:30~12:45	19:30~20:00		
	7	ABS(YUTA)	YUTA	NATSUMI	HAYANO		
	14	ABS(YUTA)	YUTA	NATSUMI	HAYANO		
	21	ABS(YUTA)	YUTA	NATSUMI	HAYANO		
	28	ABS(YUTA)	YUTA	NATSUMI	調整中		
Saturday	DAY	11:15~12:00		12:15~12:30	13:00~13:30	16:45~17:00	
	1	MIKURI		ABS(MIKURI)	ATTACK	MIKURI	
	8	MIKURI		ABS(MIKURI)	ATTACK	KOSUKE	
	15	YOSHIKA		ABS(YOSHIKA)	ATTACK	KOSUKE	
	22	MIKURI		ABS(MIKURI)	ATTACK	MIKURI	
	29	HAYANO		ABS(HAYANO)	ATTACK	HAYANO	
Sunday	DAY	9:30~10:00	10:30~11:00	13:35~14:05	14:20~14:35		
	2	COMBAT	RIKUTO	ZUMBA	MIKURI		
	9	休館日					
	16	COMBAT	YUTA	ZUMBA	KOSUKE		
	23	休館日					
	30	COMBAT	YUTA	ZUMBA	MIKURI		