

2026. 7 STUDIO PROGRAM SCHEDULE

Monday	DAY			11:30~12:00	19:00~19:30	20:00~20:45	
	6			ZUMBA	YUTA	COMBAT	
	13			ZUMBA	YUTA	COMBAT	
	20	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					
	27			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
	7	YOSHIKA		ABS(YOSHIKA)	KOSUKE	ATTACK	ABS(HAYANO)
	14	YOSHIKA		ABS(YOSHIKA)	KOSUKE	ATTACK	ABS(HAYANO)
	21	YOSHIKA		ABS(YOSHIKA)	KOSUKE	ATTACK	ABS(HAYANO)
	28	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
	1	NATSUMI		NATSUMI	COMBAT	PILATES	KOSUKE
	8	NATSUMI		NATSUMI	COMBAT	PILATES	RIKUTO
	15	NATSUMI		NATSUMI	COMBAT	PILATES	RIKUTO
	22	NATSUMI		NATSUMI	COMBAT	PILATES	KOSUKE
	29	MIKURI		MIKURI	COMBAT	PILATES	KOSUKE
Thursday	DAY	7:30~8:00		13:45~14:15		18:30~19:00	19:30~20:00
	2	YOSHIKA		YOSHIKA		KOSUKE	COMBAT
	9	YOSHIKA		YOSHIKA		KOSUKE	COMBAT
	16	YOSHIKA		YOSHIKA		KOSUKE	COMBAT
	23	YOSHIKA		YOSHIKA		KOSUKE	COMBAT
	30	YUTA		YUTA		KOSUKE	COMBAT
Friday	DAY	7:15~7:30	7:45~8:15	12:30~12:45		19:30~20:00	
	3	ABS(YUTA)	YUTA	NATSUMI		HAYANO	
	10	ABS(YUTA)	YUTA	NATSUMI		HAYANO	
	17	ABS(YUTA)	YUTA	NATSUMI		HAYANO	
	24	ABS(YUTA)	YUTA	NATSUMI		ANDO	
	31	ABS(YUTA)	YUTA	YUTA		HAYANO	
Saturday	DAY	11:15~12:00		12:15~12:30	13:00~13:30	16:45~17:00	
	4	MIKURI		ABS(MIKURI)	ATTACK	MIKURI	
	11	KOSUKE		ABS(MIKURI)	ATTACK	MIKURI	
	18	MIKURI		ABS(MIKURI)	ATTACK	MIKURI	
	25	KOSUKE		ABS(MIKURI)	ATTACK	MIKURI	
Sunday	DAY	9:30~10:00	10:30~11:00	13:35~14:05	14:20~14:35		
	5	COMBAT	YUTA	ZUMBA	MIKURI		
	12	休館日					
	19	COMBAT	YUTA	ZUMBA	MIKURI		
	26	休館日					