

Small Group Class / スモールグループ クラス

2024 WINTER/ 冬 スケジュール

| | MON / 月 | TUE / 火 | WED / 水 | THU / 木 | FRI / 金 | SAT / 土 |
|----------|-------------------------------|-----------------------------------|-----------------------------------|----------------------------------|---------------------------------|-----------------------------------|
| 07:00 AM | | | | | | |
| 08:00 AM | COMPLETE 07:00AM - 08:00AM | | | | | MOBILITY 07:00AM - 08:00AM |
| 09:00 AM | | | | | | COMPLETE 08:30AM - 09:30AM |
| 10:00 AM | | GLUTE + CORE 09:00AM - 10:00AM | COMPLETE 09:00AM - 10:00AM | SPIN - CORE 09:00AM - 10:00AM | | |
| 11:00 AM | HIIT 10:00AM - 11:00AM | | | | | |
| 12:00 PM | | | | COMPLETE 11:00AM - 12:00PM | WARRIOR 11:00AM - 12:00PM | WARRIOR 11:00AM - 12:00PM |
| 01:00 PM | | | | | | |
| 07:00 PM | | | | | | GLUTE + CORE 01:00PM - 02:00PM |
| 08:00 PM | COMPLETE 06:55PM - 07:55PM | GLUTE + CORE 06:55PM - 07:55PM | HIIT 06:55AM - 07:55PM | HIIT 06:55PM - 07:55PM | COMPLETE 06:55PM - 07:55PM | |
| | | COMPLETE 08:05PM - 09:05PM | GLUTE + CORE 08:05PM - 09:05PM | | SPIN - CORE 08:05PM - 9:05PM | |