

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						TWIST BEGINNERS 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	ATHLETE 06:55PM - 07:55PM	HIIT 06:55PM - 07:55PM	COMPLETE 06:55PM - 07:55PM	
	GLUTE + CORE 08:05PM - 09:05PM	COMPLETE 08:05PM - 09:05PM	HIIT + MOBILITY 08:05PM - 09:05PM	COMPLETE 08:05PM - 09:05PM	SPIN - CORE 08:05PM - 09:05PM	RELEASE + STRETCH 08:05PM - 09:05PM