GW特別レッスンスケジュール

	5/2(月)				5/3(火)				5/4(水)				5/5(木)				
	スタジオA	スタジオB	スタジオC	スタジオD	スタジオA	スタジオB	スタジオC	スタジオD	スタジオA	スタジオB	スタジオC	スタジオD	スタジオA	スタジオB	スタジオC	スタジオD	
0:00	BODY BALANCE	CORE	TRIP	BODY ATTACK	BODY PUMP	BODY BALANCE	SPRINT	BARRE	BODY BALANCE	BODY PUMP	TRIP	SH'BAM	BODY PUMP	CORE	SPRINT	BODY COMBAT	0:00
0:30																	0:30
1:00	BODY PUMP	BODY BALANCE	SPRINT	BODY COMBAT	BODY COMBAT	BODY PUMP	TRIP	GRIT	BODY PUMP	CORE	TRIP	BARRE	BODY COMBAT	BODY BALANCE	TRIP	BODY ATTACK	1:00
1:30																	1:30
2:00	BODY COMBAT	BODY PUMP	TRIP	BARRE	BODY BALANCE	CORE	SPRINT	SH'BAM	BODY COMBAT	BARRE	RPM	BODY ATTACK	BODY BALANCE	BODY PUMP	SPRINT	GRIT	2:00
2:30																	2:30
3:00	BODY BALANCE	CORE	SPRINT	SH'BAM	BODY PUMP	BARRE	TRIP	BODY ATTACK	BODY BALANCE	BODY PUMP	SPRINT	GRIT	BODY PUMP	CORE	TRIP	SH'BAM	3:00
3:30																	3:30
4:00	BODY PUMP	BODY BALANCE	TRIP	BODY COMBAT	BODY COMBAT	BODY PUMP	RPM	GRIT	BODY PUMP	CORE	TRIP	SH'BAM	BODY COMBAT	BODY BALANCE	RPM	BARRE	4:00
4:30																	4:30
5:00	BODY COMBAT	BARRE	RPM	GRIT	BODY BALANCE	CORE	TRIP	SH'BAM	BODY COMBAT	BODY BALANCE	SPRINT	BARRE	BODY BALANCE	BODY PUMP	RPM	SH'BAM	5:00
5:30																	5:30
6:00	BODY BALANCE	CORE	SPRINT	BODY ATTACK	BODY PUMP	BARRE	RPM	BARRE	BODY BALANCE	SH'BAM	TRIP	BODY COMBAT	BODY PUMP	CORE	SPRINT	BODY ATTACK	6:00
6:30																	6:30
7:00	BODY PUMP	BODY BALANCE	RPM	SH'BAM	BODY COMBAT	BODY PUMP	SPRINT	SH'BAM	BODY PUMP	CORE	RPM	GRIT	BODY COMBAT	BODY BALANCE	TRIP	BARRE	7:00
7:30																	7:30
8:00	BODY COMBAT	BODY PUMP	RPM	BARRE	BODY BALANCE	CORE	RPM	BODY COMBAT	BODY COMBAT	SH'BAM	TRIP	BODY ATTACK	BODY BALANCE	BODY PUMP	SPRINT	GRIT	8:00
8:30																	8:30
9:00	BODY BALANCE	CORE	SPRINT	SH'BAM	BODY PUMP	BODY BALANCE	RPM	BODY ATTACK	BODY COMBAT	BODY PUMP	SPRINT	BODY BALANCE	BODY PUMP	CORE	TRIP	BARRE	9:00
9:30																	9:30
10:00	SH'BAM	BODY BALANCE	TRIP	BODY COMBAT	BODY COMBAT	BODY PUMP	SPRINT	BARRE	BODY PUMP	SH'BAM	TRIP	BARRE	BODY COMBAT	BARRE	TRIP	SH'BAM	10:00
10:30																	10:30
11:00	BODY PUMP	SH'BAM	RPM	BODY ATTACK	BODY BALANCE	BODY COMBAT	TRIP	SH'BAM	BODY BALANCE	BARRE	RPM	BODY COMBAT	BODY PUMP	SH'BAM	SPRINT	BODY ATTACK	11:00
11:30																	11:30
12:00	BODY BALANCE	BODY COMBAT	TRIP	SH'BAM	BODY PUMP	BARRE	SPRINT	BODY ATTACK	BODY COMBAT	CORE	TRIP	SH'BAM	BODY BALANCE	BODY PUMP	RPM	GRIT	12:00
12:30																	12:30
13:00	BODY PUMP	BODY BALANCE	RPM	BODY COMBAT	BODY COMBAT	SH'BAM	TRIP	BARRE	BODY PUMP	BODY BALANCE	SPRINT	BODY ATTACK	BODY COMBAT	BARRE	TRIP	SH'BAM	13:00
13:30																	13:30
14:00	BODY COMBAT	BARRE	SPRINT	SH'BAM	BODY BALANCE	CORE	TRIP	BODY COMBAT	BODY COMBAT	CORE	TRIP	BARRE	BODY BALANCE	BODY COMBAT	RPM	BODY ATTACK	14:00
14:30																	14:30
15:00	BODY BALANCE	CORE	TRIP	BODY ATTACK	BODY PUMP	BODY BALANCE	SPRINT	GRIT	BODY BALANCE	BARRE	RPM	SH'BAM	BODY PUMP	CORE	TRIP	SH'BAM	15:00
15:30																	15:30
16:00	BODY PUMP	BODY BALANCE	RPM	GRIT	BODY COMBAT	CORE	RPM	BODY ATTACK	BODY PUMP	CORE	SPRINT	BODY COMBAT	BODY COMBAT	BODY PUMP	TRIP	BARRE	16:00
16:30																	16:30
17:00	BODY COMBAT	GRIT	TRIP	SH'BAM	BODY ATTACK	BODY PUMP	SPRINT	SH'BAM	BODY COMBAT	BODY PUMP	TRIP	BARRE	BODY BALANCE	BODY COMBAT	SPRINT	BODY ATTACK	17:00
17:30																	17:30
18:00	BODY PUMP	BARRE	SPRINT	BODY ATTACK	BODY BALANCE	CORE	TRIP	BODY ATTACK	BODY PUMP	BARRE	SPRINT	BODY ATTACK	BODY COMBAT	BODY PUMP	TRIP	SH'BAM	18:00
18:30																	18:30
19:00	BODY BALANCE	BODY COMBAT	TRIP	GRIT	BODY PUMP	SH'BAM	SPRINT	BARRE	BODY BALANCE	CORE	TRIP	SH'BAM	BODY PUMP	SH'BAM	SPRINT	BODY ATTACK	19:00
19:30																	19:30
20:00	BODY PUMP	SH'BAM	SPRINT	BARRE	BODY COMBAT	BODY BALANCE	RPM	SH'BAM	BODY PUMP	BODY BALANCE	RPM	GRIT	BODY COMBAT	BARRE	TRIP	GRIT	20:00
20:30																	20:30
21:00	BODY COMBAT	CORE	TRIP	BODY ATTACK	BODY BALANCE	BARRE	SPRINT	BODY ATTACK	BODY COMBAT	SH'BAM	TRIP	BODY BALANCE	BODY BALANCE	GRIT	RPM	SH'BAM	21:00
21:30																	21:30
22:00	BODY PUMP	BODY BALANCE	SPRINT	BODY COMBAT	BODY COMBAT	BODY PUMP	TRIP	SH'BAM	BODY PUMP	CORE	SPRINT	GRIT	BODY COMBAT	BODY PUMP	TRIP	BODY ATTACK	22:00
22:30																	22:30
23:00	BODY COMBAT	BODY PUMP	RPM	SH'BAM	BODY BALANCE	CORE	SPRINT	BODY COMBAT	BODY COMBAT	BODY BALANCE	RPM	BODY ATTACK	BODY BALANCE	CORE	RPM	BODY COMBAT	23:00
23:30																	23:30
0:00																	0:00