

常陸太田 スタジオ&プール プログラム 2024年5月

2024年5月

	Tue (火)			Wed (水)			Thu (木)			Fri (金)			Sat (土)			Sun (日)		
	SUN	MOON	POOL	SUN	MOON	POOL	SUN	MOON	POOL	SUN	MOON	POOL	SUN	MOON	POOL	SUN	MOON	POOL
10:00																		
10:30	担当変更 10:30~11:15	10:30~11:15		10:30~11:15	10:40~11:10		10:30~11:20	バーチャル 10:45~11:20		10:25~10:45 ダンベル体操 大森 整理券 30	10:30~11:15	10:30~11:15	10:30~11:15	10:30~11:15	10:40~11:25	10:40~11:05		
11:00	11:00~11:30	OXIGENO (オキシジェノ) 安達	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:20 ラクラクフィット 大森	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	
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22:00																		

QRコードを読み取りレッスン代行
イベント情報をGETしよう★

LINE@ facebook Instagram ホームページ

【レッスンのご案内】

- スタジオ定員の制限を緩和し、整理券は一部レッスンのみ配布致します。尚、整理券の有無に関わらず、レッスン開始15分前より指定場所にお集まりください。
- SUNスタジオ 定員40名程度
- MOONスタジオ 定員40名程度
- バーチャルレッスン 変更無し 定員15名
- 器具を使うレッスンは引き続き、レッスン開始15分前に整理券を配布致します。※対象クラスの定員数をご確認下さい。②③⑤

(火) ~ (金) GYM・STUDIO・POOL 22:30 CLOSE

(火) ~ (金) GYM・STUDIO・POOL 22:30 CLOSE