

日によって開催時間帯が異なりますので、ご参加の際はお時間にご注意ください。

スタジオレッスンは完全予約制です。プランによって利用可能時間が違いますので、ご自身のご契約プランをご確認ください。

担当インストラクターの都合、政府からの要請、自然災害などにより、開催を中止したり、スケジュールを変更することがございます。

クラスの見方

Table with 5 columns: アロマ使用 (Aroma Use), 〇名限定 (Limited Seats), 女性限定クラス (Women's Class), ストレッチボール (Stretch Ball), カメラ斜線マーク (Camera Diagonal Line Mark). Each column contains a description of the class type and any specific notes.

運動量のめやす

Table with 5 columns representing difficulty levels: ★ (ほとんど動かない), ★★ (ゆっくり動く), ★★★ (初心者でも参加できる), ★★★★ (程よい運動量でスッキリ), ★★★★★ (しっかり効かせる). Each level includes a brief description of the class's focus and intensity.

Weekly schedule grid for the first week (Sept 26-30). Columns represent days of the week (月-日) and rows represent time slots. Includes class names, instructor names, and difficulty levels.

Weekly schedule grid for the second week (Sept 31-Oct 8). Columns represent days of the week (2-8) and rows represent time slots. Includes class names, instructor names, and difficulty levels.

Weekly schedule grid for the third week (Sept 9-Oct 15). Columns represent days of the week (9-15) and rows represent time slots. Includes class names, instructor names, and difficulty levels.

Weekly schedule grid for the fourth week (Sept 16-Oct 22). Columns represent days of the week (16-22) and rows represent time slots. Includes class names, instructor names, and difficulty levels.

Weekly schedule grid for the fifth week (Sept 23-Oct 30). Columns represent days of the week (23-30) and rows represent time slots. Includes class names, instructor names, and difficulty levels.

Weekly schedule grid for the sixth week (Sept 30-Oct 7). Columns represent days of the week (30-7) and rows represent time slots. Includes class names, instructor names, and difficulty levels.