

ふじと台スタジオ LESSON TIMETABLE ~レッスンタイムテーブル~ 2019 5月~

|       | MONDAY<br>月                   |   | TUESDAY<br>火                               |   | WEDNESDAY<br>水 |  | THURSDAY<br>木                                |         | FRIDAY<br>金 |        | SATURDAY<br>土                               |   | SUNDAY<br>日                          |       |
|-------|-------------------------------|---|--|---|----------------|--|--|---------|-------------|--------|---|---|--------------------------------------|-------|
|       | A                             | 岩   | A  | 岩                                       | A              | 岩  | A  | 岩       | A           | 岩      | A   | 岩                                       | A                                    | 岩     |
| 10:00 | ¥4,104                        |   | 瞑想ヨガ<br>長谷                                 | ヨガ<br>ビデオクラス<br>(女性・夫婦のみ)<br>9:45~(60分) |                |  |  |         |             |        | ¥4,104                                      | ヨガ<br>ビデオクラス<br>(女性・夫婦のみ)<br>9:45~(60分) | ヨガ<br>ビデオクラス<br>(男性OK)<br>9:45~(60分) | 10:00 |
| 11:00 | ながら健康運動<br>ゆうか<br>10:00~(45分) | ← 5月~開講   | ¥6,480                                     | ¥5,400                                  |                |  |  | ¥5,400  | ¥5,400      | ¥5,400 | Smileキッズ<br>ゆうか<br>10:00~(45分)              | ¥5,400                                  | ¥5,400                               | 11:00 |
| 12:00 | ¥4,104                        |   | 自力整体ヨガ<br>長谷<br>(男性OK・年齢不問)<br>11:00~(60分) | 柔軟性upヨガ<br>Rie<br>(女性のみ)<br>11:00~(60分) |                |  | ポールダンス<br>Liger Mei<br>(男性OK)<br>11:30~(60分) | ¥10,800 | ¥7,776      | ¥7,776 | Smileジュニア<br>ゆうか<br>(小4~中学生)<br>10:50~(60分) | ¥5,400                                  | ¥5,400                               | 12:00 |
| 13:00 |                               |   | ¥6,480                                     | ¥7,776                                  |                |  |  |         |             | ¥7,776 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 13:00 |
| 14:00 |                               | 骨盤修正<br>子宮美人ヨガ<br>ちさ<br>(女性のみ)13:00~(60分)       |  | ¥5,400                                  | ¥4,860         | フラダンス<br>Miyu<br>《1~3週のみ》<br>13:00~(60分) | ¥4,860                                       | ¥7,776  | ¥7,776      | ¥7,776 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 14:00 |
| 15:00 |                               | 温活デトックス<br>ピラティス(女性のみ)<br>AYAOKO<br>14:15~(60分) |  | ¥7,776                                  | ¥7,776         | ¥5,400                                   | ¥5,400                                       | ¥5,400  | ¥5,400      | ¥5,400 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 15:00 |
| 16:00 | ¥5,400                        | ¥7,776  | ¥5,400                                     | ¥5,400                                  |                |  |  |         |             |        |   |   |                                      | 16:00 |
| 17:00 | ¥5,400                        | ¥7,776  | ¥5,400                                     | ¥5,400                                  | ¥5,400         | ¥5,400                                   | ¥6,800                                       | ¥5,400  | ¥5,400      | ¥5,400 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 17:00 |
| 18:00 | ¥5,400                        | ¥7,776  | ¥5,400                                     | ¥5,400                                  | ¥5,400         | ¥5,400                                   | ¥5,400                                       | ¥5,400  | ¥5,400      | ¥5,400 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 18:00 |
| 19:00 | ¥5,400                        | ¥7,776  | ¥5,400                                     | ¥5,400                                  | ¥5,400         | ¥5,400                                   | ¥5,400                                       | ¥5,400  | ¥5,400      | ¥5,400 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 19:00 |
| 20:00 | ¥5,400                        | ¥7,776  | ¥5,400                                     | ¥5,400                                  | ¥5,400         | ¥5,400                                   | ¥5,400                                       | ¥5,400  | ¥5,400      | ¥5,400 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 20:00 |
| 21:00 | ¥10,800                       | ¥7,776  | ¥5,400                                     | ¥5,400                                  | ¥5,400         | ¥5,400                                   | ¥5,400                                       | ¥5,400  | ¥5,400      | ¥5,400 | ¥5,400                                      | ¥5,400                                  | ¥5,400                               | 21:00 |
| 22:00 | ¥10,800                       |   |  |   |                |  |  |         |             |        |   |   |                                      | 22:00 |
| 23:00 |                               |   | ¥6,480                                     |   |                |  |  |         |             |        |   |   |                                      | 23:00 |

MOVIN' HIGH STUDIO tel: 073-488-8177(お電話つながりにくい際は何度かお掛け直し下さい)

5月の休館日は1(水), 2(木), 3(金)です。