



# レッスンスケジュール

マスタートレッチは、完全予約制(定員5名様)になります。  
【書道】、【草月流いけばな】は、不定期開催しております。お問合せください。

2015.6.15更新

| 月  | 火   | 水           | 木    | 金           | 土          | 日          |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
|--|---|-------------|------|-------------|------------|------------|------------|-------------|------|--|--------|-------|-----|------------|--|--|-------------|------|---------------|--------|--------|---------|-------------|------|-------------|--------|-----------|---------|-------------|--|-------------|--------|--|---------|-------|--|-------------|------|--|--------|----------|--------|------------|-----|--|-------------|----------|--------|--------|--------|---------|---|-----------|------|----------------|--------|--------|-----|-------------|------|---------------|--------|--------|---------|
| 6:30~22:00                                       | 10:00~22:00   | 6:30~22:30  |      | 10:00~22:00 | 6:30~22:00 | 8:00~20:00 | 8:00~20:00 |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
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| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 福村 あけみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
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| Jazz Hiphop                                      | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| RYONRYON.  | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
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| 西川 こゆき   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
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| 14:10-15:10                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15:20-16:20                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 13:45-15:15                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 金原 よしみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 19:00-20:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| Jazz Hiphop                                      | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| RYONRYON.  | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15:30-16:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 日本舞踊   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 西川 こゆき   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 16:30-17:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 17:30-18:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 8:40-9:50  | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ボクシング (渡嘉敷GYM)                                   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 宮本 健太郎   | Tst   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 17:00-18:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 福村 あけみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15   | <table border="1"> <tr><td>14:10-15:10</td><td>体験あり</td></tr> <tr><td>ピラティス 初級</td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td>15:20-16:20</td><td>体験あり</td></tr> <tr><td>マスタートレッチ<br/><small>※特別レッスンの為通常料金とは異なります。</small></td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td colspan="2">完全予約制 定員5名</td></tr> </table> | 14:10-15:10 | 体験あり | ピラティス 初級    | 初心者 OK     | 小俣 彩貴      | 2st        | 15:20-16:20 | 体験あり | マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK | 小俣 彩貴 | 2st | 完全予約制 定員5名 |  | <table border="1"> <tr><td>13:45-15:15</td><td>体験あり</td></tr> <tr><td>はじめての美脚ウォーキング</td><td>初心者 OK</td></tr> <tr><td>福村 あけみ</td><td>1st+2st</td></tr> <tr><td>19:00-20:30</td><td>体験あり</td></tr> <tr><td>Jazz Hiphop</td><td>初心者 OK</td></tr> <tr><td>RYONRYON.</td><td>1st+2st</td></tr> </table>   | 13:45-15:15 | 体験あり | はじめての美脚ウォーキング | 初心者 OK | 福村 あけみ | 1st+2st | 19:00-20:30 | 体験あり | Jazz Hiphop | 初心者 OK | RYONRYON. | 1st+2st | 18          | 19 <table border="1"> <tr><td>16:30-17:30</td><td>体験あり</td></tr> <tr><td>マスタートレッチ<br/><small>※特別レッスンの為通常料金とは異なります。</small></td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td colspan="2">完全予約制 定員5名</td></tr> <tr><td>17:30-18:30</td><td>体験あり</td></tr> <tr><td>ピラティス 初級</td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> </table> | 16:30-17:30 | 体験あり   | マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  | 小俣 彩貴 | 2st  | 完全予約制 定員5名  |      | 17:30-18:30                                      | 体験あり   | ピラティス 初級 | 初心者 OK | 小俣 彩貴      | 2st | 20 <table border="1"> <tr><td>19:00-20:30</td><td>体験あり</td></tr> <tr><td>大鼓</td><td>初心者 OK</td></tr> <tr><td>大倉 正之助</td><td>1st+2st</td></tr> </table> | 19:00-20:30 | 体験あり     | 大鼓     | 初心者 OK | 大倉 正之助 | 1st+2st | 21 <table border="1"> <tr><td>8:40-9:50</td><td>体験あり</td></tr> <tr><td>ボクシング (渡嘉敷GYM)</td><td>初心者 OK</td></tr> <tr><td>宮本 健太郎</td><td>Tst</td></tr> <tr><td>17:00-18:30</td><td>体験あり</td></tr> <tr><td>はじめての美脚ウォーキング</td><td>初心者 OK</td></tr> <tr><td>金原 よしみ</td><td>1st+2st</td></tr> </table> | 8:40-9:50 | 体験あり | ボクシング (渡嘉敷GYM) | 初心者 OK | 宮本 健太郎 | Tst | 17:00-18:30 | 体験あり | はじめての美脚ウォーキング | 初心者 OK | 金原 よしみ | 1st+2st |
| 14:10-15:10                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15:20-16:20                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 13:45-15:15                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 福村 あけみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 19:00-20:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| Jazz Hiphop                                      | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| RYONRYON.  | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 16:30-17:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 17:30-18:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 19:00-20:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 大鼓   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 大倉 正之助   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 8:40-9:50  | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ボクシング (渡嘉敷GYM)                                   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 宮本 健太郎   | Tst   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 17:00-18:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 金原 よしみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 22   | <table border="1"> <tr><td>14:10-15:10</td><td>体験あり</td></tr> <tr><td>ピラティス 初級</td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td>15:20-16:20</td><td>体験あり</td></tr> <tr><td>マスタートレッチ<br/><small>※特別レッスンの為通常料金とは異なります。</small></td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td colspan="2">完全予約制 定員5名</td></tr> </table> | 14:10-15:10 | 体験あり | ピラティス 初級    | 初心者 OK     | 小俣 彩貴      | 2st        | 15:20-16:20 | 体験あり | マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK | 小俣 彩貴 | 2st | 完全予約制 定員5名 |  | <table border="1"> <tr><td>13:45-15:15</td><td>体験あり</td></tr> <tr><td>はじめての美脚ウォーキング</td><td>初心者 OK</td></tr> <tr><td>金原 よしみ</td><td>1st+2st</td></tr> <tr><td>19:00-20:30</td><td>体験あり</td></tr> <tr><td>Jazz Hiphop</td><td>初心者 OK</td></tr> <tr><td>RYONRYON.</td><td>1st+2st</td></tr> </table> <table border="1"> <tr><td>15:30-16:30</td><td>体験あり</td></tr> <tr><td>日本舞踊</td><td>初心者 OK</td></tr> <tr><td>西川 こゆき</td><td>1st+2st</td></tr> </table> | 13:45-15:15 | 体験あり | はじめての美脚ウォーキング | 初心者 OK | 金原 よしみ | 1st+2st | 19:00-20:30 | 体験あり | Jazz Hiphop | 初心者 OK | RYONRYON. | 1st+2st | 15:30-16:30 | 体験あり   | 日本舞踊        | 初心者 OK | 西川 こゆき   | 1st+2st | 25    | 26 <table border="1"> <tr><td>16:30-17:30</td><td>体験あり</td></tr> <tr><td>マスタートレッチ<br/><small>※特別レッスンの為通常料金とは異なります。</small></td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td colspan="2">完全予約制 定員5名</td></tr> <tr><td>17:30-18:30</td><td>体験あり</td></tr> <tr><td>ピラティス 初級</td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> </table> | 16:30-17:30 | 体験あり | マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK | 小俣 彩貴    | 2st    | 完全予約制 定員5名 |     | 17:30-18:30  | 体験あり        | ピラティス 初級 | 初心者 OK | 小俣 彩貴  | 2st    | 27      | 28 <table border="1"> <tr><td>8:40-9:50</td><td>体験あり</td></tr> <tr><td>ボクシング (渡嘉敷GYM)</td><td>初心者 OK</td></tr> <tr><td>宮本 健太郎</td><td>Tst</td></tr> <tr><td>17:00-18:30</td><td>体験あり</td></tr> <tr><td>はじめての美脚ウォーキング</td><td>初心者 OK</td></tr> <tr><td>福村 あけみ</td><td>1st+2st</td></tr> </table> | 8:40-9:50 | 体験あり | ボクシング (渡嘉敷GYM) | 初心者 OK | 宮本 健太郎 | Tst | 17:00-18:30 | 体験あり | はじめての美脚ウォーキング | 初心者 OK | 福村 あけみ | 1st+2st |
| 14:10-15:10                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15:20-16:20                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 13:45-15:15                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 金原 よしみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 19:00-20:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| Jazz Hiphop                                      | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| RYONRYON.  | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15:30-16:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 日本舞踊   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 西川 こゆき   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 16:30-17:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 17:30-18:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 8:40-9:50  | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ボクシング (渡嘉敷GYM)                                   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 宮本 健太郎   | Tst   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 17:00-18:30                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| はじめての美脚ウォーキング                                    | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 福村 あけみ   | 1st+2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 29   | <table border="1"> <tr><td>14:10-15:10</td><td>体験あり</td></tr> <tr><td>ピラティス 初級</td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td>15:20-16:20</td><td>体験あり</td></tr> <tr><td>マスタートレッチ<br/><small>※特別レッスンの為通常料金とは異なります。</small></td><td>初心者 OK</td></tr> <tr><td>小俣 彩貴</td><td>2st</td></tr> <tr><td colspan="2">完全予約制 定員5名</td></tr> </table> | 14:10-15:10 | 体験あり | ピラティス 初級    | 初心者 OK     | 小俣 彩貴      | 2st        | 15:20-16:20 | 体験あり | マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK | 小俣 彩貴 | 2st | 完全予約制 定員5名 |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 14:10-15:10                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| ピラティス 初級   | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 15:20-16:20                                      | 体験あり  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| マスタートレッチ<br><small>※特別レッスンの為通常料金とは異なります。</small> | 初心者 OK  |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 小俣 彩貴  | 2st   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |
| 完全予約制 定員5名                                       |   |             |      |             |            |            |            |             |      |  |        |       |     |            |  |  |             |      |               |        |        |         |             |      |             |        |           |         |             |  |             |        |  |         |       |  |             |      |  |        |          |        |            |     |  |             |          |        |        |        |         |   |           |      |                |        |        |     |             |      |               |        |        |         |



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