













































2021.8

FITNESS STUDIO

NUDGE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30~11:15  Ryū	10:30~11:15  Rina	10:30~11:15  Hanae	10:30~11:15 DA VINCI Icumi		10:30~11:15  Machi	10:30~11:15  So-sei
11:30~12:15  Ryū	11:30~12:15  Rina	11:30~12:15  Hanae	11:30~12:15  Icumi		11:30~12:15  Machi	11:30~12:15  Kazato
12:30~13:15  Eguchi	12:30~13:15  Rina	12:30~13:00  Ken	12:30~13:15  Ken		12:30~13:15  Yokoyama	12:30~13:15  Kazato
13:30~14:15  Eguchi	13:30~14:15  Kazato	13:15~13:45  Ken	13:30~14:15  Ken		13:30~14:15  Yokoyama	13:30~14:15  Mori
14:30~15:15  Murai	14:30~15:15 DA VINCI elKo	14:00~14:45  Ken	14:30~15:15  Ken			14:30~15:15  Mori
18:30~19:15  Hanae	18:30~19:15  Murai	15:00~15:45  Ken	18:30~19:15  Hanae		17:00~17:45  Ryū	16:00~16:30  Mori
19:30~20:15  Hanae	19:30~20:15  Murai	18:30~19:15  Ruri	19:30~20:15  Hanae		18:00~18:45  Ryū	
20:30~21:15  Hanae	20:30~21:15  Murai	19:30~20:00  Ruri	20:30~21:15  Hanae			
		20:15~21:00  Mitsui				
		21:15~21:45  Mitsui				
		22:00 CLOSE			19:00 CLOSE	18:00 CLOSE