

JTTフィットネススタジオ3F 基本週間レッスンスケジュール

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00	trial 7:00~8:00	shape 7:00~8:00	power 7:00~8:00	stamina 7:00~8:00	power 7:00~8:00	trial 7:00~8:00	close
8:00	shape 8:00~9:00	power 8:00~9:00	shape 8:00~9:00	trial 8:00~9:00	hyper 8:00~9:00	power 8:00~9:00	
9:00	free利用					shape 9:00~10:00	
10:00	power 10:00~11:00	advance 10:00~11:00	trial 10:00~11:00	shape 10:00~11:00	power 10:00~11:00	free利用	
11:00	free利用					advance 11:00~12:00	
12:00	stamina 12:00~13:00	shape 12:00~13:00	norway 12:00~13:00	power 12:00~13:00	shape 12:00~13:00	trial 12:00~13:00	
13:00	power 13:00~14:00	trial 13:00~14:00	power 13:00~14:00	shape 13:00~14:00	trial 13:00~14:00		
14:00							
15:00						norway 15:00~16:00	
16:00						shape 16:00~17:00	
17:00							
18:00	shape 18:00~19:00	power 18:00~19:00	hyper 18:00~19:00	trial 18:00~19:00	power 18:00~19:00		
19:00	norway 19:00~20:00	trial 19:00~20:00	shape 19:00~20:00	power 19:00~20:00	shape 19:00~20:00		
20:00	power 20:00~21:00	shape 20:00~21:00	stamina 20:00~21:00	advance 20:00~21:00	trial 20:00~21:00		
21:00	trial 21:00~22:00	hyper 21:00~22:00	power 21:00~22:00	shape 21:00~22:00	norway 21:00~22:00		
22:00							
23:00							