

CLASS SCHEDULE

| | MON | TUE | WED | Thu | Fri | Sat | Sun |
|-------|-----------|----------------|----------------|----------------|----------------|----------|--------|
| 7:00 | Trial | Standard | Hyper | Power | Norway | Trial | CLOSED |
| 8:00 | Norway | Trial | Standard | Hyper | Power | Norway | |
| 9:00 | Free利用 | | | | | Standard | |
| 10:00 | Power | Norway | Trial | Standard | Hyper | Free利用 | |
| 11:00 | Free利用 | | | | | Power | |
| 12:00 | Standard | Boxing Fitness | Norway | Trial | Standard | Hyper | |
| 13:00 | Norway | Hyper | Power | Boxing Fitness | Diet Kick | CLOSED | |
| 14:00 | CLOSED | | | | | | |
| 15:00 | CLOSED | | | | | | |
| 16:00 | CLOSED | | | | | | |
| 17:00 | CLOSED | | | | | | |
| 18:00 | Trial | Hyper | Norway | Standard | Diet Kick | CLOSED | |
| 19:00 | Power | Trial | Boxing Fitness | Power | Trial | | |
| 20:00 | Diet Kick | Standard | Power | Diet Kick | Hyper | | |
| 21:00 | Trial | Power | Standard | Norway | Boxing Fitness | | |