

| FITNESS CLUB HIROO                |                                                                                                                                                                                                                                                                                                                                                      |            |           | 7月スケジュール   |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            | 休館日2日(水)11日(金)22日(火) |                              |  |  |
|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----------|------------|------------|-----------|----------------|------------|-----------|------------|------------|-----------|------------|------------|-----------|------------|------------|-----------|------------|------------|----------------------|------------------------------|--|--|
| 営業時間                              |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 平日 9:00-22:30<br>土・日・祝 9:00-21:00 |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 月曜日                               |                                                                                                                                                                                                                                                                                                                                                      |            |           | 火曜日        |            |           | 水曜日            |            |           | 木曜日        |            |           | 金曜日        |            |           | 土曜日        |            |           | 日曜日        |            |                      |                              |  |  |
| 時間                                | 1st studio                                                                                                                                                                                                                                                                                                                                           | 2nd studio | Hot Germa | 1st studio | 2nd studio | Hot Germa | 1st studio     | 2nd studio | Hot Germa | 1st studio | 2nd studio | Hot Germa | 1st studio | 2nd studio | Hot Germa | 1st studio | 2nd studio | Hot Germa | 1st studio | 2nd studio | Hot Germa            | 時間                           |  |  |
|                                   | 定員28名                                                                                                                                                                                                                                                                                                                                                | 定員20名      | 定員20名     | 定員28名      | 定員20名      | 定員20名     | 定員28名          | 定員20名      | 定員20名     | 定員28名      | 定員20名      | 定員20名     | 定員28名      | 定員20名      | 定員20名     | 定員28名      | 定員20名      | 定員20名     | 定員28名      | 定員20名      | 定員20名                |                              |  |  |
| 9:00                              |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      | 9:00                         |  |  |
| 9:15                              |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      | 9:15                         |  |  |
| 9:30                              | Total<br>conditioning<br>9:30-10:15<br>Julian<br>ボディケア<br>10:30-11:30<br>石渡美弥子<br><br>リセットヨガ<br>11:45-12:30<br>愛奈<br><br>BODYPUMP<br>12:45-13:30<br>東泰成<br>(定員23名)<br>K-POPダンス<br>13:45-14:30<br>エリまき<br><br>アロマカキラ<br>～ストレス緩和～<br>14:45-15:30<br>シノブ<br><br>週替わり<br>HOTレッスン<br>16:00-17:00<br>momo<br><br>7,28日:HOT<br>ボディメイクヨガ<br>14日:爆汗筋膜<br>リリース |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 9:45                              |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 10:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 10:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 10:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 10:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 11:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 11:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 11:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 11:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 12:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 12:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 12:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 12:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 13:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 13:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 13:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 13:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 14:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 14:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 14:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 14:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 15:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 15:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 15:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 15:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 16:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 16:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 16:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 16:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 17:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 17:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 17:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 17:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 18:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 18:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 18:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 18:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 19:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 19:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 19:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 19:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 20:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 20:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 20:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 20:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 21:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 21:15                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 21:30                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 21:45                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 22:00                             |                                                                                                                                                                                                                                                                                                                                                      |            |           |            |            |           |                |            |           |            |            |           |            |            |           |            |            |           |            |            |                      |                              |  |  |
| 脂肪燃焼系プログラム                        |                                                                                                                                                                                                                                                                                                                                                      |            |           | ダンスプログラム   |            |           | コンディショニングプログラム |            |           | ヨガプログラム    |            |           | HOTプログラム   |            |           | 時間変更       |            |           | New レッスン   |            |                      | Suitable for English Speaker |  |  |