


# ISCLessonsスケジュール(11月)

 初めての方や初級者におすすめのクラス

| 月   |            |     | 火           |              |     | 水   |            |     | 木   |              |     | 金           |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
|---|------------|-----|-------------|--------------|-----|---|------------|-----|---|--------------|-----|-------------|-----------------|-----|---|--|--|---|--|--|---|--|--|-------------|----------|---|-------------|----------|----|---|--|--|-------------|----------|----|-------------|--------------|----|-------------|----------|----|-------------|------------|----|-------------|---------|----|--|--|--|-------------|---------|----|--|--|--|-------------|------------|-----|--|--|--|--|--|--|--|--|--|--|--|--|-------------|----------|----|--|--|--|--|--|--|--|--|--|--|--|--|
| 時間  | レッスン名      | 担当者 | 時間          | レッスン名        | 担当者 | 時間  | レッスン名      | 担当者 | 時間  | レッスン名        | 担当者 | 時間          | レッスン名           | 担当者 |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><b>スペシャル企画</b></p> <p><b>11月26日(日)10時～15時</b></p> <p><b>レッスン5本立ての「プレミアムSUNDAY☆」</b></p> <p>人気のレッスンが盛り沢山のスペシャルな1日！<br/>1つでも多く参加して、お楽しみください♪</p> <p><b>詳細は掲示をご覧ください！</b></p>  </div> <div style="width: 65%;"> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="3" style="text-align: center;">1</td> <td colspan="3" style="text-align: center;">2</td> <td colspan="3" style="text-align: center;">3</td> </tr> <tr> <td>10:00~11:00</td> <td>ナチュラルヨーガ</td> <td>浦</td> <td>13:00~14:00</td> <td>ナチュラルヨーガ</td> <td>生野</td> <td colspan="3" rowspan="5" style="text-align: center; vertical-align: middle;">                     文化の日<br/><br/>                     レッスンはお休み<br/><br/>  </td> </tr> <tr> <td>11:10~11:55</td> <td>ペーシックエアロ</td> <td>山本</td> <td>14:10~14:55</td> <td>シェイプアップホクシンク</td> <td>山本</td> </tr> <tr> <td>11:10~11:55</td> <td>水中ウォーキング</td> <td>安川</td> <td>21:10~21:55</td> <td>ナチュラルヨーガ45</td> <td>能村</td> </tr> <tr> <td>19:05~19:50</td> <td>ヨガダンス45</td> <td>下杉</td> <td></td> <td></td> <td></td> </tr> <tr> <td>19:30~20:15</td> <td>たのしくアクア</td> <td>猪田</td> <td></td> <td></td> <td></td> </tr> <tr> <td>20:00~20:45</td> <td>ホディコンパット45</td> <td>大久保</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>20:55~21:55</td> <td>シェイプYoga</td> <td>猪田</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> </div> </div> |            |     |             |              |     |   |            |     |   |              |     |             |                 |     | 1   |  |  | 2 |  |  | 3 |  |  | 10:00~11:00 | ナチュラルヨーガ | 浦 | 13:00~14:00 | ナチュラルヨーガ | 生野 | 文化の日<br><br>レッスンはお休み<br><br> |  |  | 11:10~11:55 | ペーシックエアロ | 山本 | 14:10~14:55 | シェイプアップホクシンク | 山本 | 11:10~11:55 | 水中ウォーキング | 安川 | 21:10~21:55 | ナチュラルヨーガ45 | 能村 | 19:05~19:50 | ヨガダンス45 | 下杉 |  |  |  | 19:30~20:15 | たのしくアクア | 猪田 |  |  |  | 20:00~20:45 | ホディコンパット45 | 大久保 |  |  |  |  |  |  |  |  |  |  |  |  | 20:55~21:55 | シェイプYoga | 猪田 |  |  |  |  |  |  |  |  |  |  |  |  |
| 1   |            |     | 2           |              |     | 3   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00~11:00   | ナチュラルヨーガ   | 浦   | 13:00~14:00 | ナチュラルヨーガ     | 生野  | 文化の日<br><br>レッスンはお休み<br><br> |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:10~11:55   | ペーシックエアロ   | 山本  | 14:10~14:55 | シェイプアップホクシンク | 山本  |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:10~11:55   | 水中ウォーキング   | 安川  | 21:10~21:55 | ナチュラルヨーガ45   | 能村  |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:05~19:50   | ヨガダンス45    | 下杉  |             |              |     |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:30~20:15   | たのしくアクア    | 猪田  |             |              |     |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:00~20:45   | ホディコンパット45 | 大久保 |             |              |     |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:55~21:55   | シェイプYoga   | 猪田  |             |              |     |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 6   |            |     | 7           |              |     | 8   |            |     | 9   |              |     | 10          |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00~10:45   | ペーシックエアロ   | 東田  | 10:10~10:55 | エンジョイエアロ     | 厚見  | 10:00~11:00   | ナチュラルヨーガ   | 浦   | 13:00~14:00   | ナチュラルヨーガ     | 生野  | 10:00~10:45 | はじめてエアロ         | 細川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:00~12:00   | シェイプYoga   | 伊藤  | 11:10~11:55 | ピラティス        | 厚見  | 11:10~11:55   | ペーシックエアロ   | 山本  | 14:10~14:55   | シェイプアップホクシンク | 山本  | 10:00~10:45 | 水中ウォーキング        | 安川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:15~12:45   | ヨガダンス30    | 北市  | 13:00~13:45 | はじめてステップ     | 越場  | 11:10~11:55   | 水中ウォーキング   | 安川  | 21:10~21:55   | ナチュラルヨーガ45   | 能村  | 11:00~12:00 | シェイプYoga        | 細川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:00~14:00   | 太極拳        | 渡辺  | 14:00~15:00 | ナチュラルヨーガ     | 生野  | 19:05~19:50   | ヨガダンス45    | 下杉  |   |              |     | 13:10~13:55 | ランニング           | 田端  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:10~13:55   | たのしくアクア    | 北市  | 19:10~19:55 | はじめてステップ     | 山内  | 19:30~20:15   | たのしくアクア    | 猪田  |   |              |     | 14:10~14:55 | ナチュラルヨーガ45      | 東田  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 18:30~19:15   | ペーシックエアロ   | 越場  | 20:10~20:55 | ホディパランス45    | 竹内  | 20:00~20:45   | ホディコンパット45 | 大久保 |   |              |     | 19:10~19:55 | ホディパランス説明+ショート  | 越原  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:30~20:15   | ピラティス      | 川上  | 21:10~21:55 | かんたんキックホクシンク | 長瀬  | 20:55~21:55   | シェイプYoga   | 猪田  |   |              |     | 20:10~20:55 | ペーシックエアロ        | 山本  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:30~21:15   | ホディパランス45  | 越原  |             |              |     |   |            |     |   |              |     | 21:10~21:55 | ホディコンパット説明+ショート | 中村  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13  |            |     | 14          |              |     | 15  |            |     | 16  |              |     | 17          |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00~10:45   | ペーシックエアロ   | 東田  | 10:10~10:55 | エンジョイエアロ     | 厚見  | 10:00~11:00   | ナチュラルヨーガ   | 浦   | 13:00~14:00   | ナチュラルヨーガ     | 生野  | 10:00~10:45 | はじめてエアロ         | 細川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:00~12:00   | シェイプYoga   | 伊藤  | 11:10~11:55 | ピラティス        | 厚見  | 11:10~11:55   | ペーシックエアロ   | 山本  | 14:10~14:55   | シェイプアップホクシンク | 山本  | 10:00~10:45 | 水中ウォーキング        | 安川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:15~12:45   | ヨガダンス30    | 北市  | 13:00~13:45 | はじめてステップ     | 越場  | 11:10~11:55   | 水中ウォーキング   | 安川  | 21:10~21:55   | ナチュラルヨーガ45   | 能村  | 11:00~12:00 | シェイプYoga        | 細川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:00~14:00   | 太極拳        | 渡辺  | 14:00~15:00 | ナチュラルヨーガ     | 生野  | 19:05~19:50   | ヨガダンス45    | 下杉  |   |              |     | 13:10~13:55 | ランニング           | 田端  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:10~13:55   | たのしくアクア    | 北市  | 19:10~19:55 | はじめてステップ     | 山内  | 19:30~20:15   | たのしくアクア    | 猪田  |   |              |     | 14:10~14:55 | ナチュラルヨーガ45      | 東田  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 18:30~19:15   | ペーシックエアロ   | 越場  | 20:10~20:55 | ホディパランス45    | 竹内  | 20:00~20:45   | ホディコンパット45 | 大久保 |   |              |     | 19:10~19:55 | ホディパランス説明+ショート  | 越原  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:30~20:15   | ピラティス      | 川上  | 21:10~21:55 | かんたんキックホクシンク | 長瀬  | 20:55~21:55   | シェイプYoga   | 猪田  |   |              |     | 20:10~20:55 | ペーシックエアロ        | 山本  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:30~21:15   | ホディパランス45  | 越原  |             |              |     |   |            |     |   |              |     | 21:10~21:55 | ホディコンパット説明+ショート | 中村  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20  |            |     | 21          |              |     | 22  |            |     | 23  |              |     | 24          |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00~10:45   | ペーシックエアロ   | 東田  | 10:10~10:55 | エンジョイエアロ     | 厚見  | 10:00~11:00   | ナチュラルヨーガ   | 浦   | 勤労感謝の日<br><br>レッスンはお休み<br><br>   |              |     | 10:00~10:45 | はじめてエアロ         | 細川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:00~12:00   | シェイプYoga   | 伊藤  | 11:10~11:55 | ピラティス        | 厚見  | 11:10~11:55   | ペーシックエアロ   | 山本  |   |              |     | 10:00~10:45 | 水中ウォーキング        | 安川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:15~12:45   | ヨガダンス30    | 北市  | 13:00~13:45 | はじめてステップ     | 越場  | 11:10~11:55   | 水中ウォーキング   | 安川  |   |              |     | 11:00~12:00 | シェイプYoga        | 細川  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:00~14:00   | 太極拳        | 渡辺  | 14:00~15:00 | ナチュラルヨーガ     | 生野  | 19:05~19:50   | ヨガダンス45    | 下杉  |   |              |     | 13:10~13:55 | ランニング           | 田端  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:10~13:55   | たのしくアクア    | 北市  | 19:10~19:55 | はじめてステップ     | 山内  | 19:30~20:15   | たのしくアクア    | 猪田  |   |              |     | 14:10~14:55 | ナチュラルヨーガ45      | 東田  |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 18:30~19:15   | ペーシックエアロ   | 越場  | 20:10~20:55 | ホディパランス45    | 竹内  | 20:00~20:45   | ホディコンパット45 | 大久保 | 19:00~22:00の<br>レッスンはお休み<br><br> |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:30~20:15   | ピラティス      | 川上  | 21:10~21:55 | かんたんキックホクシンク | 長瀬  | 20:55~21:55   | シェイプYoga   | 猪田  |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:30~21:15   | ホディパランス45  | 越原  |             |              |     |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 27  |            |     | 28          |              |     | 29  |            |     |   |              |     | 30          |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00~10:45   | ペーシックエアロ   | 東田  | 10:10~10:55 | エンジョイエアロ     | 厚見  | 10:00~11:00   | ナチュラルヨーガ   | 浦   |   |              |     | 13:00~14:00 | ナチュラルヨーガ        | 生野  | ●ヨガに参加される皆さまへ<br><br><b>靴下やブランケット</b><br>など体温調整できるものを持参していただくとよりレッスンを<br>お楽しみいただけます♪<br><br>  |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:00~12:00   | シェイプYoga   | 伊藤  | 11:10~11:55 | ピラティス        | 厚見  | 11:10~11:55   | ペーシックエアロ   | 山本  | 14:10~14:55   | シェイプアップホクシンク | 山本  |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:15~12:45   | ヨガダンス30    | 北市  | 13:00~13:45 | はじめてステップ     | 越場  | 11:10~11:55   | 水中ウォーキング   | 安川  | 21:10~21:55   | ナチュラルヨーガ45   | 能村  |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:00~14:00   | 太極拳        | 渡辺  | 14:00~15:00 | ナチュラルヨーガ     | 生野  | 19:05~19:50   | ヨガダンス45    | 下杉  |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 13:10~13:55   | たのしくアクア    | 北市  | 19:10~19:55 | はじめてステップ     | 山内  | 19:30~20:15   | たのしくアクア    | 猪田  |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 18:30~19:15   | ペーシックエアロ   | 越場  | 20:10~20:55 | ホディパランス45    | 竹内  | 20:00~20:45   | ホディコンパット45 | 大久保 |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 19:30~20:15   | ピラティス      | 川上  | 21:10~21:55 | かんたんキックホクシンク | 長瀬  | 20:55~21:55   | シェイプYoga   | 猪田  |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:30~21:15   | ホディパランス45  | 越原  |             |              |     |   |            |     |   |              |     |             |                 |     |   |  |  |   |  |  |   |  |  |             |          |   |             |          |    |   |  |  |             |          |    |             |              |    |             |          |    |             |            |    |             |         |    |  |  |  |             |         |    |  |  |  |             |            |     |  |  |  |  |  |  |  |  |  |  |  |  |             |          |    |  |  |  |  |  |  |  |  |  |  |  |  |