

■HIITプログラムスケジュール 2018/1/1～2018/4/30まで

	MON	TUE	WED	Thu	Fri	Sat	Sun
7:00	Shape 40	Trial 30	Shape 40	Free HIIT 40	Trial 30	CLOSE	CLOSE
8:00	Trial 30	Shape 40	Trial 30	Shape 40	Free HIIT 40		
9:00	フリー利用					CLOSE	
10:00						フリー利用	
11:00						Trial 30	
12:00	Free HIIT 40	Shape 40	Power 40	Free HIIT 40	Shape 40	Shape 40	
13:00	Trial 30	Free HIIT 40	Free HIIT 40	Power 40	Free HIIT 40	Free HIIT 40	
14:00	フリー利用					フリー利用	
15:00	CLOSE					CLOSE	
16:00	CLOSE					CLOSE	
17:00	フリー利用						
18:00	Shape 40	Power 40	Shape 40	Trial 30	Free HIIT 40		
19:00	Power 40	Shape 40	Free HIIT 40	Shape 40	Trial 30		
20:00	Free HIIT 40	Trial 30	Trial 30	Free HIIT 40	Shape 40		
21:00	Trial 30	Free HIIT 40	Power 40	Shape 40	Power 40		

Trial 30	3	2	2	1	2	1	0	11	26%
Shape 40	2	3	2	3	2	0	0	12	29%
Power 40	1	1	2	1	1	0	0	6	14%
FREE HIIT40	2	2	2	3	3	1	0	13	31%
	8	8	8	8	8	2	0	42	