

■HIITプログラムスケジュール 2018/5/1～2018/8/31まで

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