

# ASICS Sports Complex OSAKA SUITA

## Group Lesson 2月

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		10:10-10:50 田中英雄トレーニング (田中英雄) 11:10-11:50 Circuit Training (ASC Staff 俣野) 13:10-13:50 BoxWorkOut (DADA) 14:10-14:50 Circuit Training (ASC Staff 衣斐) 15:10-15:50 田中英雄トレーニング (田中英雄) 18:10-18:50 バレトン (Maki) 19:10-19:50 Zumba (Maki)	10:10-10:50 Circuit Training (ASC Staff 木戸) 11:10-11:50 Circuit Training (ASC Staff 俣野) 13:10-13:50 Zumba (Maki) 14:10-14:50 Circuit Training (ASC Staff 木戸) 19:10-19:50 Circuit Training (ASC Staff 俣野)	10:10-10:50 Circuit Training (ASC Staff 木戸) 11:10-11:50 Circuit Training (ASC Staff 衣斐) 13:10-13:50 Yoga (kazue) 14:10-14:50 骨盤ワークアウト (kazue) 19:10-19:50 Circuit Training (ASC Staff 俣野) 20:10-20:50 Circuit Training (ASC Staff 俣野)	10:10-10:50 POP Pilates (Sherry) 11:10-11:50 Yoga (Sherry) 13:10-13:50 Circuit Training (ASC Staff 木戸) 14:10-14:50 田中英雄トレーニング (田中英雄) 16:10-16:50 B!Sleep (ASC Staff 衣斐)	10:10-10:50 Circuit Training (ASC Staff 木戸) 11:10-11:50 Circuit Training (ASC Staff 衣斐) 13:10-13:50 Wave Stretch (Yuu) 14:10-14:50 Core Exercise (Yuu) 16:10-16:50 B!Sleep (ASC Staff 木戸)
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
定休日	10:10-10:50 KaQiLa-カキラ (森智子) 11:10-11:50 スローリンパ (森智子) 13:10-13:50 Circuit Training (ASC Staff 衣斐) 14:10-14:50 田中英雄トレーニング (田中英雄) 15:10-15:50 BoxWorkOut (DADA) 19:10-19:50 田中英雄トレーニング (田中英雄) 20:10-20:50 B!Sleep (ASC Staff 衣斐)	10:10-10:50 田中英雄トレーニング (田中英雄) 11:10-11:50 Circuit Training (ASC Staff 衣斐) 13:10-13:50 BoxWorkOut (DADA) 14:10-14:50 Circuit Training (ASC Staff 俣野) 15:10-15:50 田中英雄トレーニング (田中英雄) 18:10-18:50 バレトン (Maki) 19:10-19:50 Zumba (Maki)	10:10-10:50 Circuit Training (ASC Staff 木戸) 11:10-11:50 Circuit Training (ASC Staff 俣野) 13:10-13:50 Zumba (Maki) 14:10-14:50 Circuit Training (ASC Staff 木戸) 19:10-19:50 Circuit Training (ASC Staff 俣野)	10:10-10:50 Circuit Training (ASC Staff 木戸) 11:10-11:50 Circuit Training (ASC Staff 衣斐) 13:10-13:50 Yoga (kazue) 14:10-14:50 骨盤ワークアウト (kazue) 19:10-19:50 Circuit Training (ASC Staff 衣斐) 20:10-20:50 Circuit Training (ASC Staff 俣野)	09:10-09:50 Circuit Training (ASC Staff 木戸) 10:10-10:50 POP Pilates (Sherry) 11:10-11:50 Yoga (Sherry) 13:10-13:50 Circuit Training (ASC Staff 衣斐) 14:10-14:50 Circuit Training (ASC Staff 木戸) 16:10-16:50 Circuit Training (ASC Staff 俣野)	10:10-10:50 Circuit Training (ASC Staff 木戸) 11:10-11:50 田中英雄トレーニング (田中英雄) 13:10-13:50 Box&circuit (SHIN) 14:10-14:50 Box&circuit (SHIN)
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※ 様々な事情により、プログラム内容や時間が変更になる可能性があります。予め、ご了承ください。