

ASICS Sports Complex OSAKA SUITA

Group Lesson 12月

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|---|--|---|--|---|---|
| | | | | 1 | 2 | 3 |
| | | | | 10:10-10:50 Circuit Training (ASC木戸) 11:10-11:50 Circuit Training (ASC俣野) 13:10-13:50 Yoga (kazue) 14:10-14:50 田中英雄トレーニング (ASC田中) 15:10-15:50 Circuit Training (ASC俣野) 19:10-19:50 田中英雄トレーニング (ASC田中) | 10:10-10:50 田中英雄トレーニング (ASC田中) 11:10-11:50 Circuit Training (ASC木戸) 13:10-13:50 Circuit Training (ASC木戸) 14:10-14:50 Wave Stretch (ASC田中) | 10:10-10:50 Circuit Training (ASC木戸) 11:10-11:50 Circuit Training (ASC三橋) 13:10-13:50 Wave Stretch (asuka) 14:10-14:50 Mat Pilates (asuka) 16:10-16:50 Wave Stretch (ASC木戸) |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 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 Yoga (Sherry) 14:10-14:50 POP Pilates (Sherry) 15:10-15:50 田中英雄トレーニング (ASC田中) 19:10-19:50 田中英雄トレーニング (ASC田中) | 10:10-10:50 Circuit Training (ASC俣野) 11:10-11:50 Circuit Training (ASC俣野) 13:10-13:50 BoxWorkOut (KYAN) NEW! 14:10-14:50 BoxWorkOut (KYAN) NEW! 15:10-15:50 田中英雄トレーニング (ASC田中) 19:10-19:50 田中英雄トレーニング (ASC田中) | 10:10-10:50 田中英雄トレーニング (ASC田中) 11:10-11:50 Circuit Training (ASC俣野) 13:10-13:50 Zumba (Maki) 14:10-14:50 パレトン (Maki) 15:10-15:50 田中英雄トレーニング (田中英雄) 19:10-19:50 Circuit Training (ASC三橋) | 10:10-10:50 Circuit Training (ASC木戸) 11:10-11:50 Circuit Training (ASC俣野) 13:10-13:50 骨盤エクササイズ (kazue) 14:10-14:50 Circuit Training (ASC俣野) 15:10-15:50 田中英雄トレーニング (ASC田中) 19:10-19:50 田中英雄トレーニング (ASC田中) | 10:10-10:50 POP Pilates (Sherry) 11:10-11:50 Yoga (Sherry) 13:10-13:50 Circuit Training (ASC木戸) 14:10-14:50 田中英雄トレーニング (ASC田中) 16:10-16:50 Wave Stretch (ASC田中) | 10:10-10:50 Circuit Training (ASC木戸) 11:10-11:50 Circuit Training (ASC俣野) 13:10-13:50 Wave Stretch (asuka) 14:10-14:50 Mat Pilates (asuka) 16:10-16:50 B!Sleep (ASC木戸) |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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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。

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