

# YR CLUB HOUSE 営業スケジュール

2023年3月1日～3月31日

	Monday			Tuesday			Wednesday			Friday			Saturday			Sunday		
	3F	2F	2F	3F	2F	2F	3F	2F	2F	3F	2F	2F	3F	2F	2F	3F	2F	2F
10:00	10:00-10:45 Spine Yoga		10:00-11:00 Personal Training	10:00-10:45 Booty Yoga		10:00-11:00 Personal Training	10:00-10:45 Pelvic Yoga		10:00-11:00 Personal Training	10:00-10:45 Deep Stretch Yoga		10:00-11:00 Personal Training	10:00-10:45 Booty Yoga		10:00-11:00 Personal Training	10:00-10:45 Pelvic Yoga		10:00-11:00 Personal Training
11:00		11:00-11:45 Booty Pump Circuit	11:00-12:00 Personal Training		11:00-11:45 ENERGY Circuit	11:00-12:00 Personal Training		11:00-11:45 Booty Pump Circuit	11:00-12:00 Personal Training	11:00-11:45 Booty Yoga		11:00-12:00 Personal Training		11:00-11:45 Abs Crush Circuit	11:00-12:00 Personal Training		11:00-11:45 ENERGY Circuit	11:00-12:00 Personal Training
12:00	12:00-12:45 Pelvic Yoga		12:00-13:00 Personal Training	12:00-12:45 Deep Stretch Yoga		12:00-13:00 Personal Training	12:00-12:45 Spine Yoga		12:00-13:00 Personal Training		12:00-12:45 ENERGY Circuit	12:00-13:00 Personal Training	12:00-12:45 Pelvic Yoga		12:00-13:00 Personal Training	12:00-12:45 Deep Stretch Yoga		12:00-13:00 Personal Training
13:00			13:00-14:00 Personal Training			13:00-14:00 Personal Training			13:00-14:00 Personal Training			13:00-14:00 Personal Training			13:00-14:00 Personal Training			13:00-14:00 Personal Training
14:00															14:00-15:00 Personal Training			14:00-15:00 Personal Training
15:00			15:00-16:00 Personal Training			15:00-16:00 Personal Training			15:00-16:00 Personal Training			15:00-16:00 Personal Training			15:00-16:00 Personal Training			15:00-16:00 Personal Training
16:00			16:00-17:00 Personal Training			16:00-17:00 Personal Training			16:00-17:00 Personal Training			16:00-17:00 Personal Training	15:30-16:15 Deep Stretch Yoga		16:00-17:00 Personal Training	15:30-16:15 Spine Yoga		16:00-17:00 Personal Training
17:00			17:00-18:00 Personal Training			17:00-18:00 Personal Training			17:00-18:00 Personal Training			17:00-18:00 Personal Training	16:25-17:10 Spine Yoga		17:00-18:00 Personal Training		16:30-17:15 Booty Pump Circuit	17:00-18:00 Personal Training
18:00	NEW 18:00-18:45 Ojas Yoga		18:00-19:00 Personal Training	18:00-18:45 Booty Yoga		18:00-19:00 Personal Training	18:00-18:45 Spine Yoga		18:00-19:00 Personal Training	18:00-18:45 Pelvic Yoga		18:00-19:00 Personal Training		17:20-18:05 ENERGY Circuit	17:30-18:15 Pelvic Yoga			18:00-19:00 Personal Training
19:00		18:55-19:40 Abs Crush Circuit	19:00-20:00 Personal Training	18:55-19:40 Spine Yoga		19:00-20:00 Personal Training		18:55-19:40 ENERGY Circuit	19:00-20:00 Personal Training	18:55-19:40 Booty Yoga		19:00-20:00 Personal Training	18:15-19:00 POP PILATES					19:00-20:00 Personal Training
20:00	19:50-20:35 Deep Stretch Yoga		20:00-21:00 Personal Training		19:50-20:35 Track Circuit	20:00-21:00 Personal Training	19:50-20:35 Pelvic Yoga		20:00-21:00 Personal Training		19:50-20:35 Abs Crush Circuit							20:00-21:00 Personal Training
21:00	20:45-21:30 Booty Yoga			NEW 20:45-21:30 Mat Pilates			20:45-21:30 Booty Yoga			20:45-21:30 Candle Yoga (Aroma)								

[ 営業時間 ]

平日 9:30 ~ 22:00 (13:30 ~ 17:30 Close)

土 9:30 ~ 19:30 (13:30 ~ 15:00 Close)

日 9:30 ~ 19:00 (13:30 ~ 15:00 Close)

祝 9:30 ~ 19:00 (13:30 ~ 15:00 Close)

定休 毎週木曜日

- ▶ ヨガスタジオの定員は13名となります。
- ▶ ランニングスタジオの定員は10名となります。
- ▶ 新型コロナウイルスの感染防止にご協力お願いいたします。

