

YR CLUB HOUSE 営業スケジュール

2023年8月1日～8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
10:00-10:45 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
	11:00-11:45 Booty Pump Circuit		11:00-11:45 Deep Stretch Yoga		11:00-12:00 Personal Training		11:00-11:45 Abs Crush 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
12:00-12:45 Pelvic Yoga		12:00-13:00 Personal Training		12:00-12:45 ENERGY Circuit		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
		13:00-14:00 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
		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
		16:00-17:00 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
		17:00-18:00 Personal Training			17:00-18:00 Personal Training			17:00-18:00 Personal Training			17:00-18:00 Personal Training	16:25-17:10 Booty Yoga		17:00-18:00 Personal Training		16:30-17:15 Booty Pump Circuit	17:00-18:00 Personal Training
		18:00-18:45 Ojas Yoga		18:00-18:45 Hiit Training		18:00-18:45 Booty Yoga		18:00-19:00 Personal Training	18:00-18:45 Pelvic Yoga		18:00-19:00 Personal Training	18:15-19:00 POP PILATES		17:20-18:05 ENERGY Circuit	17:30-18:15 Booty Yoga		18:00-19:00 Personal Training
	18:55-19:40 ENERGY Circuit	19:00-20:00 Personal Training	18:55-19:40 Pelvic Yoga		19:00-20:00 Personal Training		18:55-19:40 Booty Pump Circuit	19:00-20:00 Personal Training	18:55-19:40 Spine Yoga		19:00-20:00 Personal Training						19:00-20:00 Personal Training
19:50-20:35 Deep Stretch Yoga		20:00-21:00 Personal Training		19:50-20:35 Track Circuit		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						20:00-21:00 Personal Training
20:45-21:30 Booty Yoga			20:45-21:30 Deep Stretch Yoga			20:45-21:30 Spine 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。

