

## BOW HOME

スケジュール

2021年

5月

| mon                                          | tue                                           | wed                                           | thu                                           | fri                                           | sat                                           | sun                                          |
|----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|----------------------------------------------|
|                                              | Morning BOW<br>7:45~8:45<br>Haruka            | Morning BOW<br>7:35~8:35<br>Satoko            | Morning BOW<br>7:45~8:45<br>Miyuki            |                                               | Morning BOW<br>8:30~9:30<br>Miyuki            |                                              |
| Seed (BOW Beginners)<br>10:00~11:00<br>Ryoko | Seed (BOW Beginners)<br>9:00~10:00<br>Haruka  | Seed (BOW Beginners)<br>8:50~9:50<br>Satoko   | BOW Basic(Advance)<br>9:00~10:00<br>Miyuki    |                                               | Seed (BOW Beginners)<br>10:00~11:00<br>Miyuki | BOW Basic(Advance)<br>9:30~10:30<br>Akane    |
| BOW Relax<br>11:30~12:30<br>Ryoko            | Hip Fitness<br>13:00~14:00<br>Ayako           | BOW Basic(Advance)<br>10:20~11:20<br>Satoko   | Seed (BOW Beginners)<br>10:30~11:30<br>Miyuki | Seed (BOW Beginners)<br>10:45~11:45<br>Ayumi  |                                               | Seed (BOW Beginners)<br>11:00~12:00<br>Akane |
| Seed (BOW Beginners)<br>17:30~18:30<br>Mio   | Seed (BOW Beginners)<br>14:30~15:30<br>Ayako  |                                               |                                               |                                               | Seed (BOW Beginners)<br>13:00~14:00<br>Hiro   |                                              |
| BOW Basic(Advance)<br>19:00~20:00<br>Mio     | Seed (BOW Beginners)<br>18:00~19:00<br>Wakana | Seed (BOW Beginners)<br>18:00~19:00<br>Miyuki | BOW Pelvis<br>18:00~19:00<br>Ayako            | Seed (BOW Beginners)<br>18:00~19:00<br>Satoko | BOW Relax<br>14:30~15:30<br>Hiro              |                                              |
|                                              | BOW Basic(Advance)<br>19:30~20:30<br>Wakana   | BOW Relax<br>19:30~20:30<br>Miyuki            | Seed (BOW Beginners)<br>19:30~20:30<br>Ayako  | BOW Basic(Advance)<br>19:30~20:30<br>Satoko   |                                               |                                              |

休館日：3日(月曜日)・4(火曜日)・5日(水曜日)・7日(金曜日)

予約センター 0120-700-255