

Xtry Group Aggressive Workout ★2021★

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00				CLOSE			
	10:10-11:00 TRX	10:10-11:00 TRX	10:10-11:00 TRX		10:10-11:00 TRX	10:10-11:00 TRX	10:10-11:00 TRX
11:00							
	11:10-12:00 TRX	11:10-12:00 TRX	11:10-12:00 TRX		11:10-12:00 TRX	11:10-11:35 TRX	11:10-11:35 TRX
						11:35-12:00 GroupAggressive Workout	11:35-12:00 GroupAggressive Workout
12:00							
	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM	OPEN GYM
13:00							
	OPEN GYM	OPEN GYM	OPEN GYM			OPEN GYM	OPEN GYM
13:30	CLOSE TIME 13:30-15:30	CLOSE TIME 13:30-15:30	CLOSE TIME 13:30-15:30		CLOSE TIME 13:30-15:30		
						13:30 初級 KICK	13:30 初級 KICK
14:00						BOXING	BOXING
						14:30 YUYA	14:30 YUYA
15:00							
						15:00	15:00
15:30						中・上級 KICK	中級 KICK
	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM	BOXING	BOXING (上級OK)
16:00							
	16:00-16:25 TRX	16:00-16:25 TRX	16:00-16:25 TRX		16:00-16:25 TRX		
	16:25-16:50 GroupAggressive Workout	16:25-16:50 GroupAggressive Workout	16:25-16:50 GroupAggressive Workout		16:25-16:50 GroupAggressive Workout	16:30 YUYA	16:30 YUYA
17:00							
	17:00-17:25 TRX	17:00-17:25 TRX	17:00-17:25 TRX		17:00-17:25 TRX	OPEN GYM	OPEN GYM
	17:25-17:50 GroupAggressive Workout	17:25-17:50 GroupAggressive Workout	17:25-17:50 GroupAggressive Workout		17:25-17:50 GroupAggressive Workout		
18:00							
	18:00-18:25 TRX	18:00-18:25 TRX	18:00-18:25 TRX		18:00-18:25 TRX		
	18:25-18:50 GroupAggressive Workout	18:25-18:50 GroupAggressive Workout	18:25-18:50 GroupAggressive Workout		18:25-18:50 GroupAggressive Workout		
19:00							
	19:00-19:25 TRX	OPEN GYM	19:00-19:25 TRX		19:00-19:25 TRX		
	19:25-19:50 GroupAggressive Workout		19:25-19:50 GroupAggressive Workout		19:25-19:50 GroupAggressive Workout		
20:00							
	20:00-20:25 TRX	OPEN GYM	20:00-20:25 TRX		20:00-20:25 TRX		
	20:25-20:50 GroupAggressive Workout		20:25-20:50 GroupAggressive Workout		20:25-20:50 GroupAggressive Workout		
21:00							

★祝祭日は日曜日と同様のスケジュールになります。

★レッスン内容は参加人数等により変更になることもありますのでご了承下さいませ。

