

DAY TIME	Mon	Tue	Wed	Thu	Fri	Sat	Sun	DAY TIME
7:00	内容変更						内容変更	7:00
8:00	Magma Yoga Healing Detox 8:00~9:00 ERICA	Magma de Beauty Cere 8:00~9:00 HIRATA	Magma Stretch Basic 8:00~9:00 CAPPY	Magma Yoga Power Energy 8:00~9:00 Emika	Magma Yoga Healing Detox 8:00~9:00 CAPPY	Magma Therapy Ball 8:00~9:00 ERICA	Magma Relaxation 8:00~9:00 MIDORI	8:00
9:00		定員13名					定員13名	9:00
10:00	Magma Latin Shape 9:30~10:30 Tomoko Hashimoto	Muscle Training 9:30~10:30 CAPPY	Magma Rhythm shape 9:30~10:30 CAPPY	Magma Yoga Healing Detox 9:30~10:30 FUMINA	Breathcize Magma Diet 9:30~10:30 MATSUMOTO	Magma Yoga Power Energy 9:30~10:30 ERICA	Aerobic Weakly 9:30~10:30 MIDORI	10:00
11:00	Magma Stretch Basic 11:00~12:00 Tomoko Hashimoto	Magma Beauty Legs Yoga 11:00~12:00 MARI	Magma Yoga MARI Special 11:00~12:00 MARI	Beauty Club 75 AIZAWA Original 11:00~12:15 AIZAWA	Magma de Beauty Care 11:00~12:00 AIZAWA	Magma Pilates 11:00~12:00 HITOMI	Magma Rhythm shape 11:00~12:00 MADOKA	11:00
12:00				定員12名	定員13名			12:00
13:00	Magma Beauty Shape 13:00~14:00 AIZAWA	Magma Yoga Healing Detox 13:00~14:00 YUKARI	Magma de Beauty Care 13:00~14:00 AIZAWA	Magma Stretch Basic 13:00~14:00 ERICA	Magma Pilates Ball 13:00~14:00 OOYAMA	Magma Beauty Shape 13:00~14:00 AIZAWA	Magma Yoga Pelvis adjustment 13:00~14:00 saori	13:00
14:00			定員13名					14:00
15:00	Magma Yoga Healing Detox 14:30~15:30 Izumi takahashi	Magma Yoga Detox 14:30~15:30 NaNa	SA-KO-TSU Magma Diet 14:30~15:30 AIZAWA	Magma Pilates OOOYAMA Special 14:30~15:30 OOOYAMA	Magma Relaxation 14:30~15:30 OISHI	Magma Stretch Flow 14:30~15:30 HIRATA	SA-KO-TSU Magma Diet 14:30~15:30 NATSUKI	15:00
16:00	Magma Anatomic Pelvic Yoga 16:00~17:00 MATSUBA	Magma Body Slim 16:00~17:00 NATSUKI	Magma Pilates 16:00~17:00 MIHO	Magma de Beauty Care 16:00~17:00 kumiko	Magma AIZAWA Special mix 16:00~17:00 AIZAWA	Magma Yoga Pelvis adjustment 16:00~17:00 MARI	Magma Stretch Basic 16:00~17:00 Tomoko Hashimoto	16:00
17:00	内容変更	内容変更	増枠	定員13名				17:00
18:00	Step de Shape CAPPY Special 17:30~18:30 CAPPY	Beauty BODY shape ~Booty Boom~ 17:30~18:30 YOSHI	Magma Yoga Pelvis adjustment 17:30~18:30 itomari			Magma Body Slim 17:30~18:30 TETSUYA	Magma Rhythm shape 17:30~18:30 Tomoko Hashimoto	18:00
19:00	BBB Magma Diet 19:00~20:00 HIRATA	Magma Pilates 19:00~20:00 SAYAKA	SA-KO-TSU Magma Diet 19:00~20:00 NATSUKI	Magma Yoga Rusiedutton 19:00~20:00 YUKA	Magma Fight 19:00~20:00 TETSUYA	Magma de Beauty Care 19:00~20:00 itomari	Magma Yoga Healing Detox 19:00~20:00 Mayuko	19:00
20:00						定員13名		20:00
21:00	Magma Stretch Flow 20:30~21:30 HIRATA	Magma Yoga Power Energy 20:30~21:30 SAYAKA	Magma de Beauty Care 20:30~21:30 NATSUKI	Step de Shape 20:30~21:30 YUKA	Magma Yoga Healing Detox 20:30~21:30 SAYAKA	Magma Yoga Healing Detox 20:30~21:30 itomari	Magma Yoga Power Energy 20:30~21:30 Mayuko	21:00
22:00	Magma Yoga Detox 22:00~23:00 itomari	Magma Therapy Ball 22:00~23:00 itomari	Magma de Beauty Core Blance 22:00~23:00 SAYO	Magma Yoga Pelvis adjustment 22:00~23:00 saori	Magma de Beauty Care 22:00~23:00 AIZAWA			22:00
			担当者変更		定員13名			

★ Beginner mark
🔥 Hard Work

Facebook
[insea HIROO]

LINE
[insea HIROO] [Magma Spa Studio insea]
ID [@OYL7162J]

twitter

