Studio Breathing Schedule 大橋

**2020年6月改正**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 月曜日 | 火曜日 | 水曜日 | 木曜日 | 金曜日 | 土曜日 | 日曜日 |
| 9:45~10:45  Reformer  Yoko/Tomoko | 9:45~10:45  **Reformer**  **Chika /Kozue** | 9:45~10:45  **Group/Miyuki**  **Reformer /Yoko** | 9:45~10:45  **Reformer**  **Yoko/Tomoko** | 9:45~10:45  **Group/Chika**  **Reformer/Tomoko** | 9:45~10:45  **Group/Yoko**  **Reformer/Chika** | 9:45~10:45  **Reformer**  **Tomoko** |
| 11:00~12:00  Reformer  Yoko/Tomoko | 11:00~12:00  **Group/Chika**  **Reformer/Kozue** | 11:00~12:00  **Reformer**  **Yoko/Miyuki** | 11:00~12:00  **Group/Tomoko**  **Reformer/Kozue** | 11:00~12:00  **Reformer**  **Tomoko/ Chika** | 11:00~12:00  **Reformer**  **Yoko/Chika** | 11:00~12:00  **Group**  **Tomoko** |
| 13:30~14:30  Reformer  Yoko | 13:30~14:30  **Reformer**  **Chika** | 13:30~14:30  **Reformer**  **Yoko** | 13:30~14:30  **Reformer**  **Tomoko/Kozue** | 13:30~14:30 **Reformer**  **Yoko/Tomoko** | 13:30~14:30  **Reformer**  **Yoko/Chika** |  |
| 14:45~15:45  Group/Yuka Reformer /Yoko | 14:45~15:45  **マタニティピラティス**  **Chika** | 14:45~15:45  **Reformer**  **Yoko** | 14:45~15:45  **Reformer**  **Tomoko/Kozue** | 14:45~15:45  **Reformer**  **Yoko** | 14:45~15:45  **Reformer**  **Yoko** |  |
| 16:00~17:00  Reformer  Yoko | 16:00~17:00  **Reformer**  **Chika** | 16:00~17:00  **Reformer**  **Yoko** | 16:00~17:00  **Reformer**  **Tomoko** | 16:00~17:00  **Reformer**  **Yoko** | 16:00~17:00  **Reformer**  **Yoko** |  |
| 17:45~18:45  Reformer  Yoko/Tomoko | 17:45~18:45  **Reformer**  **Yoko** | 17:15~18:15  **Reformer**  **Yoko** | 17:45~18:45  **Reformer**  **Yoko** | 17:15~18:15  **Kids**  **Yoko** | 17:15~18:15  **Reformer**  **Yoko** |  |
| 19:00~20:00  Group/Yoko  Reformer/Tomoko | 19:00~20:00  **Reformer**  **Yoko** | 18:30~19:30  **Reformer**  **Yoko/Tomoko** | 19:00~20:00  **Group/Yuka**  **Reformer/Yoko** | 18:30~19:30  **Group/Kozue**  **Reformer /Yoko** |  |  |
| 20:15~21:15  Reformer  Yoko/Tomoko | 20:15~21:15  **Reformer**  **Yoko** | 19:45~20:45  **Group**  **Tomoko** | 20:15~21:15  **Reformer**  **Yoko** | 19:45~20:45  **Reformer**  **Yoko** |  |  |