

## 2021年7月12日～ ティップネス王子スタジオスケジュール

営業時間 平日運動施設9:30-20:00(閉館21:00)、土日祝 9:30-20:00  
【予】WEB予約クラス 【ア】アップデートクラス 【有】有料クラス

■スタジオクラスはすべてiTiPNESSのWEB予約となります。(有料クラス、ショートプログラム除く) 1日2件、最大10件までご予約いただけます。  
対象レッスンの1週間前に対象レッスン終了後10分後より予約いただけます。  
定員に空きがある場合、予約なしでもスタジオ前にお待ちいただきご参加いただけます。 ※スタジオ入場は開始15分前より入場となります。☒

| 月曜日   |                                                                                                                               |    |         |       | 休館日 | 水曜日                                         |    |         |       | 木曜日                                    |    |         |       | 金曜日                     |    |         |       | 土曜日                                      |    |         |       | 日曜日                              |    |         |                                              |       |  |  |  |  |  |  |  |  |  |  |       |
|-------|-------------------------------------------------------------------------------------------------------------------------------|----|---------|-------|-----|---------------------------------------------|----|---------|-------|----------------------------------------|----|---------|-------|-------------------------|----|---------|-------|------------------------------------------|----|---------|-------|----------------------------------|----|---------|----------------------------------------------|-------|--|--|--|--|--|--|--|--|--|--|-------|
| Aスタジオ | マルチスタジオ                                                                                                                       | ジム | HOTスタジオ | Aスタジオ |     | マルチスタジオ                                     | ジム | HOTスタジオ | Aスタジオ | マルチスタジオ                                | ジム | HOTスタジオ | Aスタジオ | マルチスタジオ                 | ジム | HOTスタジオ | Aスタジオ | マルチスタジオ                                  | ジム | HOTスタジオ | Aスタジオ | マルチスタジオ                          | ジム | HOTスタジオ |                                              |       |  |  |  |  |  |  |  |  |  |  |       |
| 10:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 10:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    | アクティブ<br>ストレッチ<br>10:00～10:30<br>服部 涼【予】                                                                                      |    |         |       |     | BODY<br>ATTACK45<br>10:00～10:45<br>菊股 亜美【予】 |    |         |       | マット<br>ピラティス45<br>10:00～10:45<br>尚武【予】 |    |         |       | 10:00～10:45<br>相馬 和志【予】 |    |         |       | はじめて<br>バレエ45<br>10:00～10:45<br>小野 朝子【予】 |    |         |       | バレエ45<br>10:00～10:45<br>田島 由佳【予】 |    |         | 【HOT】<br>カラダしほりヨガ<br>10:00～10:45<br>松成 広子【予】 | 15    |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 30    |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 45    |  |  |  |  |  |  |  |  |  |  |       |
| 11:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 11:00 |  |  |  |  |  |  |  |  |  |  |       |
| 15    | HATHA YOGA<br>ディープ プレス フ<br>ロウ45<br>11:00～11:45<br>浦谷 美帆【予】                                                                   |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 15    |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 30    |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 45    |  |  |  |  |  |  |  |  |  |  |       |
| 12:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 12:00 |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 15    |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 30    |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 45    |  |  |  |  |  |  |  |  |  |  |       |
| 13:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 13:00 |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 15    |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 30    |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 45    |  |  |  |  |  |  |  |  |  |  |       |
| 14:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 14:00 |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              | 15    |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 15:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 16:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 16:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 17:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 17:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 18:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 18:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 19:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 19:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 20:00 |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 20:00                                        |       |  |  |  |  |  |  |  |  |  |  |       |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 15                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 30    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 30                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 45    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         | 45                                           |       |  |  |  |  |  |  |  |  |  |  |       |
| 21:00 | 8階ジムにて『初めてのGymトレーニングサポート』スタート(7月14日～)<br>マンツーマンでジムトレーニングのメニュー作成、見直し、カウンセリングなど行います。<br>安心して利用できるまで何度でも実施可能。スタジオ予約システムでご予約頂けます。 |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              |       |  |  |  |  |  |  |  |  |  |  | 21:00 |
| 15    |                                                                                                                               |    |         |       |     |                                             |    |         |       |                                        |    |         |       |                         |    |         |       |                                          |    |         |       |                                  |    |         |                                              |       |  |  |  |  |  |  |  |  |  |  |       |