

# SAMATWA Schedule

2025.11~

| Time  | Monday                                      | Tuesday                                        | Wednesday                                    | Friday                                       | Saturday                                    | Sunday                                             |
|-------|---------------------------------------------|------------------------------------------------|----------------------------------------------|----------------------------------------------|---------------------------------------------|----------------------------------------------------|
| 9:00  |                                             |                                                |                                              |                                              |                                             |                                                    |
| 10:00 |                                             |                                                | 9:30~10:15<br>HEALTHY<br>むくみ解消(★)<br>りな      |                                              | 9:30~10:15<br>RELAXATION<br>癒し(★)<br>藤中     |                                                    |
| 11:00 | 10:30~11:15<br>SLOW FLOW<br>脂肪燃烧(★★★)<br>金井 | 10:45~11:30<br>BASIC<br>基本(★★)<br>松尾           | 10:45~11:30<br>SHAPE UP<br>ボディメイク(★★★)<br>りな | 10:30~11:15<br>POINT<br>お腹引き締め(★★)<br>kozue  | 10:45~11:30<br>BEGINNER<br>はじめて(★)<br>藤中    | 10:30~11:15<br>BASIC<br>基本(★★)<br>HIROMI           |
| 12:00 |                                             |                                                |                                              |                                              |                                             | 11:45~12:30<br>BEAUTY FLOW<br>代謝アップ(★★★)<br>HIROMI |
| 13:00 |                                             |                                                |                                              |                                              |                                             |                                                    |
| 14:00 | 13:30~14:15<br>AROMA<br>アロマ(★)<br>本吉        | 13:15~14:00<br>ADJUSTMENT<br>骨盤調整(★★)<br>Yacco | 13:20~14:05<br>BEGINNER<br>はじめて(★)<br>藤中     | 14:00~14:45<br>BASIC<br>基本(★★)<br>naho       | 13:30~14:15<br>BASIC<br>基本(★★)<br>Saori     |                                                    |
| 15:00 | 15:00~15:45<br>HEALTHY<br>むくみ解消(★)<br>Yacco |                                                |                                              |                                              |                                             | 14:45~15:30<br>RELAXATION<br>癒し(★)<br>Saori        |
| 16:00 |                                             |                                                |                                              |                                              | 15:30~16:15<br>HEALTHY<br>むくみ解消(★)<br>Yacco | 16:00~16:45<br>ADJUSTMENT<br>骨盤調整(★)<br>Saori      |
| 17:00 |                                             |                                                |                                              |                                              | 16:45~17:30<br>POINT<br>お腹引き締め(★★)<br>Yacco |                                                    |
| 18:00 |                                             |                                                |                                              |                                              |                                             |                                                    |
| 19:00 |                                             | 19:00~19:45<br>HEALTHY<br>むくみ解消(★)<br>YU       |                                              |                                              |                                             |                                                    |
| 20:00 | 19:30~20:15<br>POINT<br>お腹引き締め(★★)<br>住谷    |                                                | 19:30~20:15<br>BASIC<br>基本(★★)<br>Yacco      | 19:30~20:15<br>SLOW FLOW<br>脂肪燃烧(★★★)<br>MAI |                                             |                                                    |
| 21:00 | 20:30~21:15<br>RELAXATION<br>癒し(★)<br>住谷    | 20:15~21:00<br>BEAUTY FLOW<br>代謝アップ(★★★)<br>YU | 21:00~21:45<br>ADJUSTMENT<br>骨盤調整(★★)<br>藤中  | 20:30~21:15<br>RELAXATION<br>癒し(★)<br>MAI    |                                             |                                                    |
| 22:00 |                                             |                                                |                                              |                                              |                                             | →女性限定レッスン                                          |