

*レッスンスケジュールは変更になる場合がございます。詳細は予約サイトをご確認ください。

STEP0

STEP1

STEP1.5

STEP2

STEP3

MASTER

WS

2025 4 Apr

Yokohama Studio Group Lesson Schedule

30		日	31		月	1	火	2	水	3	木	4	金	5	土
横浜A	横浜B	横浜A	横浜B	横浜A	横浜B	横浜A	横浜B	横浜A	横浜B	横浜A	横浜B	横浜A	横浜B	横浜A	横浜B
9:30 呼吸で聴UP Suzu	9:30 呼吸で聴UP Sayaka	9:30 呼吸で聴UP Yoko	11:10 下腹強化 Suzu	11:10 呼吸で聴UP Sayaka	11:10 呼吸で聴UP Suzu	9:30 呼吸で聴UP Suzu	9:30 呼吸で聴UP Sayaka	9:30 呼吸で聴UP Suzu	9:30 呼吸で聴UP Sayaka	9:30 呼吸で聴UP Suzu	9:30 呼吸で聴UP Sayaka	9:30 呼吸で聴UP Yoko	9:30 呼吸で聴UP Yukine	9:30 呼吸で聴UP Suzu	9:30 呼吸で聴UP Sayaka
11:10 呼吸で聴UP Airi	11:10 呼吸で聴UP Suzu	11:10 呼吸で聴UP Yoko	12:50 小顔・ハズレケア Airi	12:50 呼吸で聴UP Sayaka	12:50 呼吸で聴UP Suzu	11:10 呼吸で聴UP Suzu	11:10 呼吸で聴UP Sayaka	11:10 呼吸で聴UP Suzu	11:10 呼吸で聴UP Sayaka	11:10 呼吸で聴UP Suzu	11:10 呼吸で聴UP Sayaka	11:10 呼吸で聴UP Yoko	11:10 呼吸で聴UP Yukine	11:10 呼吸で聴UP Suzu	11:10 呼吸で聴UP Sayaka
12:50 小顔・ハズレケア Airi	12:50 呼吸で聴UP Sayaka	12:50 呼吸で聴UP Yoko	14:30 呼吸で聴UP Airi	14:30 呼吸で聴UP Sayaka	14:30 呼吸で聴UP Suzu	12:50 呼吸で聴UP Suzu	12:50 呼吸で聴UP Sayaka	12:50 呼吸で聴UP Suzu	12:50 呼吸で聴UP Sayaka	12:50 呼吸で聴UP Suzu	12:50 呼吸で聴UP Sayaka	12:50 呼吸で聴UP Yoko	12:50 呼吸で聴UP Yukine	12:50 呼吸で聴UP Suzu	12:50 呼吸で聴UP Sayaka
16:10 呼吸で聴UP Sumiko	16:10 呼吸で聴UP Sayaka	16:10 呼吸で聴UP Yoko	18:30 呼吸で聴UP Airi	18:30 呼吸で聴UP Sayaka	18:30 呼吸で聴UP Suzu	18:00 呼吸で聴UP Suzu	18:00 呼吸で聴UP Sayaka	18:00 呼吸で聴UP Suzu	18:00 呼吸で聴UP Sayaka	18:00 呼吸で聴UP Suzu	18:00 呼吸で聴UP Sayaka	18:00 呼吸で聴UP Yoko	18:00 呼吸で聴UP Yukine	18:00 呼吸で聴UP Suzu	18:00 呼吸で聴UP Sayaka
18:30 呼吸で聴UP Sumiko	18:30 呼吸で聴UP Sayaka	18:30 呼吸で聴UP Yoko	20:10 呼吸で聴UP Airi	20:10 呼吸で聴UP Sayaka	20:10 呼吸で聴UP Suzu	20:10 呼吸で聴UP Suzu	20:10 呼吸で聴UP Sayaka	20:10 呼吸で聴UP Suzu	20:10 呼吸で聴UP Sayaka	20:10 呼吸で聴UP Suzu	20:10 呼吸で聴UP Sayaka	20:10 呼吸で聴UP Yoko	20:10 呼吸で聴UP Yukine	20:10 呼吸で聴UP Suzu	20:10 呼吸で聴UP Sayaka
20:10 呼吸で聴UP Sumiko	20:10 呼吸で聴UP Sayaka	20:10 呼吸で聴UP Yoko	22:00 呼吸で聴UP Airi	22:00 呼吸で聴UP Sayaka	22:00 呼吸で聴UP Suzu	22:00 呼吸で聴UP Suzu	22:00 呼吸で聴UP Sayaka	22:00 呼吸で聴UP Suzu	22:00 呼吸で聴UP Sayaka	22:00 呼吸で聴UP Suzu	22:00 呼吸で聴UP Sayaka	22:00 呼吸で聴UP Yoko	22:00 呼吸で聴UP Yukine	22:00 呼吸で聴UP Suzu	22:00 呼吸で聴UP Sayaka
24:00 呼吸で聴UP Sumiko	24:00 呼吸で聴UP Sayaka	24:00 呼吸で聴UP Yoko	26:00 呼吸で聴UP Airi	26:00 呼吸で聴UP Sayaka	26:00 呼吸で聴UP Suzu	26:00 呼吸で聴UP Suzu	26:00 呼吸で聴UP Sayaka	26:00 呼吸で聴UP Suzu	26:00 呼吸で聴UP Sayaka	26:00 呼吸で聴UP Suzu	26:00 呼吸で聴UP Sayaka	26:00 呼吸で聴UP Yoko	26:00 呼吸で聴UP Yukine	26:00 呼吸で聴UP Suzu	26:00 呼吸で聴UP Sayaka
28:00 呼吸で聴UP Sumiko	28:00 呼吸で聴UP Sayaka	28:00 呼吸で聴UP Yoko	30:00 呼吸で聴UP Airi	30:00 呼吸で聴UP Sayaka	30:00 呼吸で聴UP Suzu	30:00 呼吸で聴UP Suzu	30:00 呼吸で聴UP Sayaka	30:00 呼吸で聴UP Suzu	30:00 呼吸で聴UP Sayaka	30:00 呼吸で聴UP Suzu	30:00 呼吸で聴UP Sayaka	30:00 呼吸で聴UP Yoko	30:00 呼吸で聴UP Yukine	30:00 呼吸で聴UP Suzu	30:00 呼吸で聴UP Sayaka
32:00 呼吸で聴UP Sumiko	32:00 呼吸で聴UP Sayaka	32:00 呼吸で聴UP Yoko	34:00 呼吸で聴UP Airi	34:00 呼吸で聴UP Sayaka	34:00 呼吸で聴UP Suzu	34:00 呼吸で聴UP Suzu	34:00 呼吸で聴UP Sayaka	34:00 呼吸で聴UP Suzu	34:00 呼吸で聴UP Sayaka	34:00 呼吸で聴UP Suzu	34:00 呼吸で聴UP Sayaka	34:00 呼吸で聴UP Yoko	34:00 呼吸で聴UP Yukine	34:00 呼吸で聴UP Suzu	34:00 呼吸で聴UP Sayaka
36:00 呼吸で聴UP Sumiko	36:00 呼吸で聴UP Sayaka	36:00 呼吸で聴UP Yoko	38:00 呼吸で聴UP Airi	38:00 呼吸で聴UP Sayaka	38:00 呼吸で聴UP Suzu	38:00 呼吸で聴UP Suzu	38:00 呼吸で聴UP Sayaka	38:00 呼吸で聴UP Suzu	38:00 呼吸で聴UP Sayaka	38:00 呼吸で聴UP Suzu	38:00 呼吸で聴UP Sayaka	38:00 呼吸で聴UP Yoko	38:00 呼吸で聴UP Yukine	38:00 呼吸で聴UP Suzu	38:00 呼吸で聴UP Sayaka
40:00 呼吸で聴UP Sumiko	40:00 呼吸で聴UP Sayaka	40:00 呼吸で聴UP Yoko	42:00 呼吸で聴UP Airi	42:00 呼吸で聴UP Sayaka	42:00 呼吸で聴UP Suzu	42:00 呼吸で聴UP Suzu	42:00 呼吸で聴UP Sayaka	42:00 呼吸で聴UP Suzu	42:00 呼吸で聴UP Sayaka	42:00 呼吸で聴UP Suzu	42:00 呼吸で聴UP Sayaka	42:00 呼吸で聴UP Yoko	42:00 呼吸で聴UP Yukine	42:00 呼吸で聴UP Suzu	42:00 呼吸で聴UP Sayaka
44:00 呼吸で聴UP Sumiko	44:00 呼吸で聴UP Sayaka	44:00 呼吸で聴UP Yoko	46:00 呼吸で聴UP Airi	46:00 呼吸で聴UP Sayaka	46:00 呼吸で聴UP Suzu	46:00 呼吸で聴UP Suzu	46:00 呼吸で聴UP Sayaka	46:00 呼吸で聴UP Suzu	46:00 呼吸で聴UP Sayaka	46:00 呼吸で聴UP Suzu	46:00 呼吸で聴UP Sayaka	46:00 呼吸で聴UP Yoko	46:00 呼吸で聴UP Yukine	46:00 呼吸で聴UP Suzu	46:00 呼吸で聴UP Sayaka
48:00 呼吸で聴UP Sumiko	48:00 呼吸で聴UP Sayaka	48:00 呼吸で聴UP Yoko	50:00 呼吸で聴UP Airi	50:00 呼吸で聴UP Sayaka	50:00 呼吸で聴UP Suzu	50:00 呼吸で聴UP Suzu	50:00 呼吸で聴UP Sayaka	50:00 呼吸で聴UP Suzu	50:00 呼吸で聴UP Sayaka	50:00 呼吸で聴UP Suzu	50:00 呼吸で聴UP Sayaka	50:00 呼吸で聴UP Yoko	50:00 呼吸で聴UP Yukine	50:00 呼吸で聴UP Suzu	50:00 呼吸で聴UP Sayaka
52:00 呼吸で聴UP Sumiko	52:00 呼吸で聴UP Sayaka	52:00 呼吸で聴UP Yoko	54:00 呼吸で聴UP Airi	54:00 呼吸で聴UP Sayaka	54:00 呼吸で聴UP Suzu	54:00 呼吸で聴UP Suzu	54:00 呼吸で聴UP Sayaka	54:00 呼吸で聴UP Suzu	54:00 呼吸で聴UP Sayaka	54:00 呼吸で聴UP Suzu	54:00 呼吸で聴UP Sayaka	54:00 呼吸で聴UP Yoko	54:00 呼吸で聴UP Yukine	54:00 呼吸で聴UP Suzu	54:00 呼吸で聴UP Sayaka
56:00 呼吸で聴UP Sumiko	56:00 呼吸で聴UP Sayaka	56:00 呼吸で聴UP Yoko	58:00 呼吸で聴UP Airi	58:00 呼吸で聴UP Sayaka	58:00 呼吸で聴UP Suzu	58:00 呼吸で聴UP Suzu	58:00 呼吸で聴UP Sayaka	58:00 呼吸で聴UP Suzu	58:00 呼吸で聴UP Sayaka	58:00 呼吸で聴UP Suzu	58:00 呼吸で聴UP Sayaka	58:00 呼吸で聴UP Yoko	58:00 呼吸で聴UP Yukine	58:00 呼吸で聴UP Suzu	58:00 呼吸で聴UP Sayaka
60:00 呼吸で聴UP Sumiko	60:00 呼吸で聴UP Sayaka	60:00 呼吸で聴UP Yoko	62:00 呼吸で聴UP Airi	62:00 呼吸で聴UP Sayaka	62:00 呼吸で聴UP Suzu	62:00 呼吸で聴UP Suzu	62:00 呼吸で聴UP Sayaka	62:00 呼吸で聴UP Suzu	62:00 呼吸で聴UP Sayaka	62:00 呼吸で聴UP Suzu	62:00 呼吸で聴UP Sayaka	62:00 呼吸で聴UP Yoko	62:00 呼吸で聴UP Yukine	62:00 呼吸で聴UP Suzu	62:00 呼吸で聴UP Sayaka