

※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。

| 2025                         |                              |                               |                              |                               |                               | 10                            |                          | Oct.                         |                           | Tenjin Studio Group Lesson Schedule |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|------------------------------|------------------------------|-------------------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------|------------------------------|---------------------------|-------------------------------------|-------------------------------|------------------------------|-------------------------------|--|--|--|--|--|--|--|--|--|--|
| 28                           | 日                            | 29                            | 月                            | 30                            | 火                             | 1                             | 水                        | 2                            | 木                         | 3                                   | 金                             | 4                            | 土                             |  |  |  |  |  |  |  |  |  |  |
| 天神8                          | 天神9                          | 天神8                           | 天神9                          | 天神8                           | 天神9                           | 天神8                           | 天神9                      | 天神8                          | 天神9                       | 天神8                                 | 天神9                           | 天神8                          | 天神9                           |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               | 店休日                           |                          | 10:00<br>ウエスト引き締め<br>Chiaki  | 9:30<br>下腹べたんこ<br>Mayumi  | 10:00<br>呼吸で腫UP<br>Ako              | 9:30<br>小顔・ハ・ストゥッパ<br>Megumi  | 9:30<br>呼吸で腫UP<br>Yuuna      | 9:00<br>美尻美脚<br>Eri           |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              | 11:40<br>桃尻<br>Chiaki         | 11:10<br>骨盤調整<br>Mayumi       |                               |                          | 11:40<br>ウエスト引き締め<br>Ako     | 11:10<br>骨盤調整<br>Megumi   | 11:10<br>小顔・ハ・ストゥッパ<br>Yuuna        | 10:40<br>上半身ご褒美ほくし<br>Eri     |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              | 13:20<br>小顔・ハ・ストゥッパ<br>Chiaki | 12:50<br>美尻美脚<br>Mayumi       |                               |                          | 13:20<br>美尻美脚<br>Ako         | 12:50<br>桃尻<br>E-rika     | 12:50<br>骨盤調整<br>Yuuna              | 12:20<br>下半身ご褒美ほくし<br>Eri     |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              | 15:00<br>下腹べたんこ<br>Chiaki     | 14:30<br>呼吸で腫UP<br>Mayumi     |                               |                          |                              | 14:30<br>呼吸で腫UP<br>E-rika | 14:30<br>下腹べたんこ<br>Chiaki           |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          | 18:30<br>呼吸で腫UP<br>Yuuna     |                           | 18:30<br>下半身ご褒美ほくし<br>Sachiko       |                               |                              | 16:10<br>呼吸で腫UP<br>Chiaki     |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          | 20:10<br>小顔・ハ・ストゥッパ<br>Yuuna |                           | 20:10<br>骨盤調整<br>Sachiko            |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
| 5                            | 日                            | 6                             | 月                            | 7                             | 火                             | 8                             | 水                        | 9                            | 木                         | 10                                  | 金                             | 11                           | 土                             |  |  |  |  |  |  |  |  |  |  |
| 天神8                          | 天神9                          | 天神8                           | 天神9                          | 天神8                           | 天神9                           | 天神8                           | 天神9                      | 天神8                          | 天神9                       | 天神8                                 | 天神9                           | 天神8                          | 天神9                           |  |  |  |  |  |  |  |  |  |  |
| 9:30<br>下腹べたんこ<br>Sachiko    | 9:00<br>呼吸で腫UP<br>Eri        | 9:30<br>小顔・ハ・ストゥッパ<br>Madoka  | 10:00<br>上半身リカバディ<br>Sachiko | 10:00<br>ウエスト引き締め<br>Mayumi   | 9:30<br>美尻美脚<br>Megumi        | 9:30<br>下腹べたんこ<br>Sachiko     | 10:00<br>呼吸で腫UP<br>Ako   | 9:30<br>下腹べたんこ<br>Sachiko    | 10:00<br>呼吸で腫UP<br>Ako    | 10:00<br>下腹べたんこ<br>Ako              | 9:30<br>下半身ご褒美ほくし<br>Megumi   | 11:10<br>ウエスト引き締め<br>Ako     | 11:10<br>骨盤調整<br>Megumi       |  |  |  |  |  |  |  |  |  |  |
| 11:10<br>ウエスト引き締め<br>Sachiko | 10:40<br>下半身ご褒美ほくし<br>Eri    | 11:10<br>美尻美脚<br>Madoka       | 11:40<br>全身リカバディ<br>Sachiko  | 11:40<br>上半身リカバディ<br>Mayumi   | 11:10<br>桃尻<br>Megumi         | 11:10<br>骨盤調整<br>Sachiko      | 11:40<br>ウエスト引き締め<br>Ako | 11:10<br>骨盤調整<br>Sachiko     | 11:40<br>ウエスト引き締め<br>Ako  | 11:40<br>ウエスト引き締め<br>Ako            | 11:10<br>骨盤調整<br>Megumi       | 12:50<br>呼吸で腫UP<br>Ako       | 12:50<br>桃尻<br>E-rika         |  |  |  |  |  |  |  |  |  |  |
| 12:50<br>美尻美脚<br>Sachiko     | 12:20<br>小顔・ハ・ストゥッパ<br>Eri   | 12:50<br>下腹べたんこ<br>Madoka     | 13:20<br>呼吸で腫UP<br>Sachiko   | 13:20<br>小顔・ハ・ストゥッパ<br>Mayumi | 13:00<br>体験レッスン<br>Megumi     | 13:20<br>桃尻<br>Mayumi         | 13:20<br>下腹べたんこ<br>Ako   | 12:50<br>桃尻<br>Mayumi        | 13:20<br>下腹べたんこ<br>Ako    | 12:50<br>呼吸で腫UP<br>Ako              | 13:20<br>呼吸で腫UP<br>Ako        | 14:30<br>上半身ご褒美ほくし<br>E-rika |                               |  |  |  |  |  |  |  |  |  |  |
| 14:30<br>呼吸で腫UP<br>Sachiko   |                              |                               |                              |                               |                               | 14:30<br>美尻美脚<br>Mayumi       |                          |                              | 店休日                       |                                     |                               |                              | 店休日                           |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           | 18:30<br>小顔・ハ・ストゥッパ<br>Yuuna        |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           | 20:10<br>下腹べたんこ<br>Yuuna            |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           | 19:40<br>桃尻<br>Megumi               |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
| 12                           | 日                            | 13                            | 月                            | 14                            | 火                             | 15                            | 水                        | 16                           | 木                         | 17                                  | 金                             | 18                           | 土                             |  |  |  |  |  |  |  |  |  |  |
| 天神8                          | 天神9                          | 天神8                           | 天神9                          | 天神8                           | 天神9                           | 天神8                           | 天神9                      | 天神8                          | 天神9                       | 天神8                                 | 天神9                           | 天神8                          | 天神9                           |  |  |  |  |  |  |  |  |  |  |
| 9:00<br>下腹べたんこ<br>Yuuna      | 8:30<br>上半身ご褒美ほくし<br>E-rika  | 10:00<br>小顔・ハ・ストゥッパ<br>Mayumi | 9:30<br>骨盤調整<br>Madoka       | 10:00<br>呼吸で腫UP<br>Sachiko    | 9:30<br>下半身ご褒美ほくし<br>Mayumi   | 9:30<br>下腹べたんこ<br>Chiaki      | 10:00<br>骨盤調整<br>Ako     | 10:00<br>美尻美脚<br>Chiaki      | 9:30<br>骨盤調整<br>Mayumi    | 10:00<br>桃尻<br>Ako                  | 9:30<br>美尻美脚<br>Megumi        | 9:30<br>桃尻<br>Madoka         | 9:00<br>上半身ご褒美ほくし<br>Eri      |  |  |  |  |  |  |  |  |  |  |
| 10:40<br>桃尻<br>Yuuna         | 11:10<br>下半身ご褒美ほくし<br>E-rika | 11:40<br>美尻美脚<br>Mayumi       | 11:10<br>ウエスト引き締め<br>Madoka  | 11:40<br>美尻美脚<br>Sachiko      | 11:10<br>上半身リカバディ<br>Mayumi   | 11:10<br>ウエスト引き締め<br>Chiaki   | 11:40<br>桃尻<br>Ako       | 11:40<br>上半身ご褒美ほくし<br>Chiaki | 11:10<br>下腹べたんこ<br>Mayumi | 11:40<br>下腹べたんこ<br>Ako              | 11:10<br>小顔・ハ・ストゥッパ<br>Megumi | 11:10<br>呼吸で腫UP<br>Madoka    | 10:40<br>美尻美脚<br>Eri          |  |  |  |  |  |  |  |  |  |  |
| 12:20<br>呼吸で腫UP<br>Yuuna     | 12:50<br>骨盤調整<br>E-rika      | 13:20<br>桃尻<br>Mayumi         | 13:00<br>体験レッスン<br>Madoka    | 13:20<br>下腹べたんこ<br>Sachiko    | 12:50<br>骨盤調整<br>E-rika       | 12:50<br>小顔・ハ・ストゥッパ<br>Chiaki | 13:20<br>呼吸で腫UP<br>Ako   | 13:20<br>ウエスト引き締め<br>Chiaki  | 12:50<br>桃尻<br>Mayumi     | 13:20<br>小顔・ハ・ストゥッパ<br>Ako          | 12:50<br>呼吸で腫UP<br>Megumi     | 12:50<br>ウエスト引き締め<br>Madoka  | 12:20<br>下腹べたんこ<br>Eri        |  |  |  |  |  |  |  |  |  |  |
| 14:00<br>小顔・ハ・ストゥッパ<br>Yuuna |                              | 15:00<br>上半身ご褒美ほくし<br>Sachiko |                              |                               | 14:30<br>小顔・ハ・ストゥッパ<br>E-rika | 14:30<br>下腹べたんこ<br>Chiaki     |                          |                              | 14:30<br>呼吸で腫UP<br>Mayumi |                                     | 14:30<br>下半身ご褒美ほくし<br>Megumi  | 14:30<br>美尻美脚<br>Yuuna       |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 16:10<br>美尻美脚<br>Sachiko     | 16:10<br>小顔・ハ・ストゥッパ<br>Yuuna  |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 18:30<br>骨盤調整<br>Sachiko     | 18:30<br>小顔・ハ・ストゥッパ<br>E-rika |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 20:10<br>桃尻<br>Sachiko       | 20:10<br>呼吸で腫UP<br>E-rika     |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 18:30<br>美尻美脚<br>Yuuna       | 18:00<br>下半身ご褒美ほくし<br>E-rika  |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 20:10<br>下腹べたんこ<br>Yuuna     | 19:40<br>骨盤調整<br>E-rika       |  |  |  |  |  |  |  |  |  |  |
| 19                           | 日                            | 20                            | 月                            | 21                            | 火                             | 22                            | 水                        | 23                           | 木                         | 24                                  | 金                             | 25                           | 土                             |  |  |  |  |  |  |  |  |  |  |
| 天神8                          | 天神9                          | 天神8                           | 天神9                          | 天神8                           | 天神9                           | 天神8                           | 天神9                      | 天神8                          | 天神9                       | 天神8                                 | 天神9                           | 天神8                          | 天神9                           |  |  |  |  |  |  |  |  |  |  |
| 9:00<br>下半身ご褒美ほくし<br>Eri     | 9:30<br>下腹べたんこ<br>Sachiko    | 9:30<br>下腹べたんこ<br>Madoka      | 10:00<br>骨盤調整<br>Mayumi      | 9:30<br>美尻美脚<br>Megumi        | 10:00<br>ウエスト引き締め<br>Chiaki   | 9:30<br>上半身ご褒美ほくし<br>Sachiko  | 10:00<br>骨盤調整<br>Ako     | 9:30<br>上半身ご褒美ほくし<br>Sachiko | 10:00<br>骨盤調整<br>Ako      | 9:30<br>骨盤調整<br>Megumi              | 10:00<br>美尻美脚<br>Sachiko      | 9:30<br>小顔・ハ・ストゥッパ<br>Eri    | 9:00<br>上半身リカバディ<br>Madoka    |  |  |  |  |  |  |  |  |  |  |
| 10:40<br>小顔・ハ・ストゥッパ<br>Eri   | 11:10<br>全身リカバディ<br>Sachiko  | 11:10<br>ウエスト引き締め<br>Madoka   | 11:40<br>美尻美脚<br>Mayumi      | 11:10<br>骨盤調整<br>Megumi       | 11:40<br>呼吸で腫UP<br>Chiaki     | 11:10<br>下腹べたんこ<br>Sachiko    | 11:40<br>桃尻<br>Ako       | 11:10<br>下腹べたんこ<br>Sachiko   | 11:40<br>桃尻<br>Ako        | 11:10<br>下腹べたんこ<br>Megumi           | 11:40<br>上半身リカバディ<br>Sachiko  | 11:10<br>下腹べたんこ<br>Eri       | 10:40<br>全身リカバディ<br>Madoka    |  |  |  |  |  |  |  |  |  |  |
| 12:20<br>ウエスト引き締め<br>Eri     | 13:00<br>体験レッスン<br>Sachiko   | 12:50<br>呼吸で腫UP<br>Madoka     | 13:20<br>上半身リカバディ<br>Mayumi  | 12:50<br>小顔・ハ・ストゥッパ<br>Megumi | 13:20<br>桃尻<br>Chiaki         | 12:50<br>ウエスト引き締め<br>Mayumi   | 13:20<br>全身リカバディ<br>Ako  | 12:50<br>ウエスト引き締め<br>Mayumi  | 13:20<br>全身リカバディ<br>Ako   | 12:50<br>小顔・ハ・ストゥッパ<br>Ako          | 13:20<br>全身リカバディ<br>Sachiko   | 12:50<br>ウエスト引き締め<br>Eri     | 12:30<br>体験レッスン<br>Madoka     |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 14:30<br>呼吸で腫UP<br>E-rika    | 14:30<br>呼吸で腫UP<br>E-rika     |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               | 16:10<br>骨盤調整<br>E-rika      | 16:10<br>呼吸で腫UP<br>E-rika     |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
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|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
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|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |
|                              |                              |                               |                              |                               |                               |                               |                          |                              |                           |                                     |                               |                              |                               |  |  |  |  |  |  |  |  |  |  |