

| 2025年12月スタートレッスンスケジュール | | | | | | |
|------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | 9:30~10:10 | | | 9:30~10:10 | 9:30~10:10 |
| | | Hip&Legs | | | WEST集中 | 骨盤バランス調整 |
| | | 10:30~11:10 | 17:00~17:40 | | 10:30~11:10 | 10:30~11:10 |
| | | 骨盤バランス調整 | Hip&Legs | | 肩こりデコルテ | Hip&Legs |
| | | 19:30~20:10 | 18:00~18:40 | | 18:00~18:40 | |
| | | FULL BODY | WEST集中 | | Back&Arms | |
| | | 20:30~21:10 | 20:30~21:10 | | 20:00~20:40 | |
| | | Back&Arms | 肩こりデコルテ | | FULL BODY | |
| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | 9:30~10:10 | 9:30~10:10 | | 10:30~11:10 | 10:30~11:10 |
| | | Back&Arms | 肩こりデコルテ | | Hip&Legs | FULL BODY |
| 17:00~17:40 | 10:30~11:10 | 10:30~11:10 | | | | 11:30~12:10 |
| WEST集中 | Hip&Legs | 骨盤バランス調整 | | | | Back&Arms |
| 18:00~18:40 | | | 18:00~18:40 | | 19:00~19:40 | 17:00~17:40 |
| FULL BODY | | | Back&Arms | | 肩こりデコルテ | 骨盤バランス調整 |
| | | | 20:00~20:40 | | 20:30~21:10 | 18:00~18:40 |
| | | | FULL BODY | | WEST集中 | Hip&Legs |
| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | 9:30~10:10 | | | | 9:30~10:10 |
| | | 骨盤バランス調整 | | | | Hip&Legs |
| 14:00~14:40 | 10:30~11:10 | | | | | |
| Hip&Legs | WEST集中 | | | | | |
| 17:00~17:40 | | 17:00~17:40 | | | 17:00~17:40 | 17:00~17:40 |
| 肩こりデコルテ | | FULL BODY | | | Back&Arms | 骨盤バランス調整 |
| 18:00~18:40 | | 20:30~21:10 | | | 20:30~21:10 | 18:00~18:40 |
| FULL BODY | | Back&Arms | | | 骨盤バランス調整 | WEST集中 |
| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | 11:30~12:10 | | 9:30~10:10 | | 年末年始休業 |
| | | Hip&Legs | | FULL BODY | | |
| | | 14:00~14:40 | | 10:30~11:10 | | |
| | | FULL BODY | | Back&Arms | | |
| 17:00~17:40 | | 17:00~17:40 | 14:00~14:40 | | 18:00~18:40 | |
| Back&Arms | | FULL BODY | Hip&Legs | | 骨盤バランス調整 | |
| 18:00~18:40 | | 20:30~21:10 | | 20:30~21:10 | 20:30~21:10 | |
| 骨盤バランス調整 | | Back&Arms | | WEST集中 | Back&Arms | |
| 日 | 月 | 火 | 水 | | | |
| 28 | 29 | 30 | 31 | | | |
| 年末年始休業 | 年末年始休業 | 年末年始休業 | 年末年始休業 | | | |