

メディカルフィットネスクラブ SHIN-SHIN プログラムスケジュール

2026年 2月



	月		火	水		木	金		土		日																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
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10:00	10:15~11:15		休 業 日		10:30~11:15			10:25~11:10		10:30~11:15				10:00																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
	ルーシーダットン				ZUMBA 金			J-POPエアロ 今野		10:30~11:00 バタフライ初・中級 林					初めてフラダンス 金	10:45~11:30 初めてファイティング AYANO																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
★ 角田	11:00~11:30 脂肪燃焼アクア 若村	11:00~11:45 オリジナルストレッチ 水上			11:00~11:30 クロール初級 山口	11:30~12:15	11:30~12:15	11:15~12:00	11:30~12:15	11:30~12:15	11:45~12:30 オリジナル45 【担当・内容は下記を ご確認ください】			11:00																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
11:30~12:15	11:45~12:15 クロール初級 山口	機能改善エクササイズ 岡田			11:45~12:15 背泳ぎ初級 山口	ストレッチ&ホール 尾藤 (要)	クロール中級 林	やさしいエアロ 岡田	背泳ぎ中級 大善	12:30~13:30	12:30~13:15				12:45~13:30 元気体操 森垣	13:00~13:45 バタフライ中級 杉原	13:00																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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		KaQiLa 森				リラックスヨガ 岡田										13:30~14:15	13:30~14:15	13:30~14:00 水中ウォーキング 南	13:30~14:15	13:30~14:15	14:00~14:45 クロール中級 杉原	14:00~14:45	14:00~14:45	14:00																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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	健康ヨガ 宮崎				初めてエアロ 河内		やさしいエアロ 寺岡		ZUMBA 風早		14:15~15:00		14:15~15:00		14:15~15:00			14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	14:15~15:00	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