



# STUDIO SCHEDULE

CHANGE YOUR BODY. CHANGE YOUR LIFE.™

## 心斎橋大阪 2026年5月

	月 (MON)		火 (TUE)		水 (WED)		木 (THU)		金 (FRI)		土 (SAT)		日 (SUN)									
	スタジオ	プール	スタジオ	プール	スタジオ	プール	スタジオ	プール	スタジオ	プール	スタジオ	プール	スタジオ	プール								
7:00	【GG心斎橋大阪店スタジオ定員枠】 ◆上限34名 ※レッスン内容により異なります														7:00							
8:00	P O O L メン テナ ンス 日														9:00 OPEN	7:30-8:15 朝ヨガ YUKO	9:00 OPEN	9:00 OPEN	9:00 OPEN	7:30-8:45 朝SWIM (有料)	9:00 OPEN	9:00 OPEN
9:00															9:00-9:45 朝ヨガ 石井直子	10:00-10:45 YOGA 屋良朝樹	10:00-11:00 フラダンス Mariko	10:00-10:30 アクアピクス 高橋	10:15-11:15 SALSATION Chuchan	9:45-10:15 アクアピクス YUKA	10:00-11:00 ピラティス HIROMI	10:00-10:45 LEAP FIGHT AQUA YUMI
10:00	10:00-10:45 ペルーダンス HIROCO	11:00-12:00 ピラティス 沙愛	11:15-12:00 オリジナルSTEP(初中级) 松本 莉奈	11:30-12:15 姿勢改善 KOKEN	11:15-12:00 オリジナルSTEP(初中级) 松本 莉奈	11:15-12:15 YOGA Miyu	12:00-13:15 GGX SHAPE	12:00-13:00 LATIN WILSON	12:00-13:00 LATIN WILSON	13:15-14:15 ピラティス 山本 哲矢	12:00-13:00 新種興会 空手スクール (有料)	12:00-13:00 新種興会 空手スクール (有料)	13:15-14:15 YOGA 上田茂光	13:15-14:15 YOGA 上田茂光								
11:00	11:00-12:00 ハル工基礎 沙愛	12:15-12:45 膝コンディショニング 西田 香	13:00-13:45 オリジナルエアロ (初中级) 西田香	13:15-14:15 ハル工基礎 川東 偶数週実施	14:00-15:00 運びストレッチ&YOGA 内藤紀子	13:45-14:15 アクアピクス 高橋	13:30-14:30 STREET DANCE はるぶ	14:45-15:45 ZUMBA YUI	14:45-15:45 K-POP AYANO	16:00-16:30 水中ウォーク YUKA	14:45-15:30 ベータステップ 小林基	14:45-15:30 ベータステップ 小林基	16:00-17:00 YOGA HIROMI	16:00-17:00 YOGA HIROMI								
12:00	12:15-12:45 GGX	14:00-15:00 ZUMBA 城来美	15:15-16:15 HIP-HOP(有料) EMA	15:15-16:15 アクアピクス 西田香	16:15-16:45 アクアピクス YUKA	16:00-16:30 アクアピクス Kaori	18:30-19:15 YOGA MASAYO	18:30-19:15 YOGA MASAYO	19:30-20:00 K-POP Mackey	20:00-21:00 K-POP Mackey	18:00-19:00 ボートワークファミリー 井上浩	18:00-19:00 ボートワークファミリー 井上浩	21:00-22:15 ZUMBA 柴田竜一	21:00-22:15 ZUMBA 柴田竜一								
13:00	13:00-14:00 LEAP CONDITIONING YUMI	19:00-20:00 ZUMBA Mayo	20:15-21:00 LOCK VORI	19:45-20:45 SALSATION KIRIKO	21:00-22:00 VOGUE ShowTA	19:45-20:30 LATINATION ANA	21:15-22:15 ZUMBA 柴田竜一	21:15-22:15 ZUMBA 柴田竜一	22:00-23:00 ZUMBA 柴田竜一	22:00-23:00 ZUMBA 柴田竜一	20:30 CLOSED	20:30 CLOSED	22:00-23:00 ZUMBA 柴田竜一	22:00-23:00 ZUMBA 柴田竜一								
14:00	14:15-15:15 LEAP FIGHT YUMI	21:15-22:15 HIPHOP VORI	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
15:00	18:25-19:10 IB YOGA ~Anatomy yoga~	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
16:00	19:30-20:15 ボディコンシャス(ストレッチ) 棚田徹	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
17:00	20:45-21:30 CLUBJAZZ 伊藤卓家	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
18:00	21:15-22:15 HIPHOP VORI	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
19:00	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
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21:00	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								
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23:00	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED	22:00 CLOSED								

・初心者マークがあるレッスンは初心者の方でも安心してご参加できます ・レッスン開始から10分を過ぎたの途中参加はご遠慮ください ・代行情報は館内掲示・Webからご確認ください ・スケジュール及び担当者は変更になる場合がありますので、予めご了承下さい。



代行情報は  
こちら

アクティブ

ダンス

コンディショニング・調整

ヨガ

有料スクール