

TIMETABLE

	月	火	水	木	金	土	日
6:00	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
6:30	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE
7:00	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE
7:30	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP
8:00	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE
8:30	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE
9:00	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE
9:30	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
10:00	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE
10:30	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE
11:00	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP
11:30	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE
12:00	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE
12:30	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE
13:00	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
13:30	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE
14:00	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE
14:30	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP
15:00	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE
15:30	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE
16:00	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE
16:30	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
17:00	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE
17:30	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE
18:00	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP
18:30	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE
19:00	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE
19:30	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE
20:00	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
20:30	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE
21:00	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE
21:30	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP
22:00	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE
22:30	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE
23:00	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT	DANCE
23:30	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
24:00	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE	CORE
24:30	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP	BALANCE
25:00	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE	PUMP
25:30	PUMP	BALANCE	CORE	COMBAT	DANCE	BALANCE	CORE