

2019年 4月~ STUDIO PROGRAM(ワウディー宮崎店 スタジオプログラム)

| Time | Mon [月] | | | Tue [火] | | | Wed [水] | | | Fri [金] | | | Sat [土] | | | Sun [日] | | | Time |
|-------|-----------------|--------------|-----|--------------|-------------------|-----|-------------|----------------|-----|-------------|----------------|-----|-------------|-----------|-----|-------------|-------------|-----|------|
| | Studio1st | Studio2nd | Gym | Studio1st | Studio Dan | Gym | Studio1st | Studio2nd | Gym | Studio1st | Studio Dan | Gym | Studio1st | Studio2nd | Gym | Studio1st | Studio Dan | Gym | |
| 10:30 | パワーヨガ | ヒーリングストレッチ | | エイジングエクササイズ | 暖ヨガ60 | | フロアメソッド60 | ストレッチヨガ45 | | フィットネスフラ60 | はじめてエアロ | | 暖ヨガ60 | | | 暖ヨガ60 | | | |
| 10:45 | 10:30-11:15 | 10:20-11:20 | | 10:30-11:30 | 10:30-11:30 | | 10:30-11:30 | 10:30-11:15 | | 10:30-11:30 | Re:style FOCUS | | 10:30-11:30 | | | STUDIO FREE | 10:30-11:30 | | |
| 11:00 | 後藤 一恵 | | | | 戸高 純実 | | 井上 美香 | カネゴリー変更 | | | | | | | | | | | |
| 11:15 | | MINDY Hiro | | 池田抄祐里 | 骨格メイクRe:Style HOT | | | | | | | | | | | | | | |
| 11:30 | 高ボディーデザインエクササイズ | OXIGENO | | 時間変更 | 11:40-12:25 | | | | | | | | | | | | | | |
| 11:45 | 11:30-12:30 | 11:30-12:15 | | ZUMBA45 | kyoko | | | | | | | | | | | | | | |
| 12:00 | | Mindy Hiro | | 11:45-12:30 | | | | | | | | | | | | | | | |
| 12:15 | | | | YOSHIE | | | | | | | | | | | | | | | |
| 12:30 | | | | | 女性限定プログラム | | | | | | | | | | | | | | |
| 12:45 | はじめてエアロ | バレエ入門-初級 | | U BOUNDエレメント | 癒しの極み | | | | | | | | | | | | | | |
| 13:00 | 12:45-13:15 | 12:45-13:45 | | U BOUND30 | 梅藤 友佳 | | | | | | | | | | | | | | |
| 13:15 | 担当変更 | | | 13:00-13:30 | NEW | | | | | | | | | | | | | | |
| 13:30 | | 井上 美香 | | TOPRIDE60 | | | | | | | | | | | | | | | |
| 13:45 | フィットネスフラ60 | | | 暖ヨガ60 | | | | | | | | | | | | | | | |
| 14:00 | 13:55-14:55 | フットセラピー& | | ピラテス | 13:35-14:35 | | | | | | | | | | | | | | |
| 14:15 | | ボディコンディショニング | | ベアリングマット | 13:45-14:30 | | | | | | | | | | | | | | |
| 14:30 | | 河野 紀美子 | | 13:45-14:30 | 井上 美香 | | | | | | | | | | | | | | |
| 14:45 | | 早野 淳衣 | | 14:45-15:30 | | | | | | | | | | | | | | | |
| 15:00 | POWER30 | | | 14:45-15:30 | 井上 美香 | | | | | | | | | | | | | | |
| 15:15 | 15:05-15:35 | ヨガ 45 | | 15:15-16:00 | | | | | | | | | | | | | | | |
| 15:30 | | 牛田 里奈 | | 15:15-16:00 | | | | | | | | | | | | | | | |
| 15:45 | | | | 15:15-16:00 | | | | | | | | | | | | | | | |
| 16:00 | ZUMBA45 | | | 15:45-16:45 | | | | | | | | | | | | | | | |
| 16:15 | 15:50-16:35 | | | 15:45-16:45 | | | | | | | | | | | | | | | |
| 16:30 | SHOGO | | | RUMI | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | |
| 18:45 | リトモス60 | | | | | | | | | | | | | | | | | | |
| 19:00 | 18:45-19:45 | ヨガ45 | | エアロベアリング | 癒しの極み | | U BOUND45 | ピラテス | | | | | | | | | | | |
| 19:15 | | 18:55-19:40 | | 19:05-19:50 | 後藤 一恵 | | 18:45-19:30 | 18:45-19:30 | | | | | | | | | | | |
| 19:30 | 岩崎 さゆり | MISATO | | 暖ヨガ60 | NEW | | 本田 とも子 | KISAKI | | | | | | | | | | | |
| 19:45 | | | | 19:40-20:40 | | | | | | | | | | | | | | | |
| 20:00 | FIGHT DO45 | ヨガ45 | | エアロオリジナル | 早野 淳衣 | | 19:45-20:30 | 骨格トレーニング | | | | | | | | | | | |
| 20:15 | 20:00-20:45 | 19:55-20:40 | | (中級) | 19:45~20:45 | | 外山 翔 | Re:style FOCUS | | | | | | | | | | | |
| 20:30 | 松井 武 | 入佐 由美 | | 20:00-21:00 | 松本 展明 | | 担当変更 | kyoko | | | | | | | | | | | |
| 20:45 | | | | 日高 憲利 | | | | | | | | | | | | | | | |
| 21:00 | ステップベアリング | ヨガ 45 | | ヒーリングストレッチ | | | | | | | | | | | | | | | |
| 21:15 | 21:05-21:50 | 21:00-21:45 | | ZUMBA45 | 20:50-21:50 | | | | | | | | | | | | | | |
| 21:30 | 日高 憲利 | 牛田 里奈 | | 21:10-21:55 | MINDY Hiro | | TRX | | | | | | | | | | | | |
| 21:45 | | | | SHOGO | | | 21:10-21:40 | | | | | | | | | | | | |
| 22:00 | U BOUND(30) | 22:05~22:35 | | POWER(30) | 22:10~22:40 | | | | | | | | | | | | | | |
| 22:15 | 日高 憲利 | | | SHOGO | | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | | | | | | |

WOWD MIYAZAKI スタジオプログラムスケジュール

平日 10:00~24:00/土曜日 10:00~22:00/日曜・祝日 10:00~21:00

定休日 毎週木曜日・年末年始

TEL (0985) 61-8382