

# Studio Time Schedule Feb/2018

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
7:00								7:00
8:00	Magma Therapy Ball 8:00~9:00 CAPPY	Magma Pilates 8:00~9:00 MIHO	Magma Stretch Basic 8:00~9:00 HANA E IDA	Magma Yoga Healing Detox 8:00~9:00 ERICA	Magma de Beautycare 8:00~9:00 KYOCO	Magma Yoga Power Energy 8:00~9:00 YUKARI	Magma Body care special 8:00~9:00 ERICA	8:00
9:00								9:00
10:00	Magma Yoga Power Energy 9:30~10:30 CAPPY	Magma de Beautycare 9:30~10:30 YUKARI	Magma Therapy Ball 9:30~10:30 saori	Magma Pilates 9:30~10:30 ERICA	Magma de Beauty Core Shape 9:30~10:30 ERIKA YAMAGUCHI	Step de shape 9:30~10:30 MINAKO	Magma Stretch Basic 9:30~10:30 HANA E IDA	10:00
11:00	Magma de Beauty Core special 11:00~12:00 ERIKA YAMAGUCHI	Step de Magma 11:00~12:00 YUKARI	Magma Yoga Power Energy 11:00~12:00 SHIMA	Magma Body slim 11:00~12:00 YUKA(H)	Magma Yoga Pelvis adjustment 11:00~12:00 AKIKO	Magma Rhythm shape 11:00~12:00 MADOKA	Magma Yoga Healing Detox 11:00~12:00 KYOCO	11:00
12:00								12:00
13:00	SA-KO-TSU Magma Diet 13:00~14:00 Maki	Magma Yoga Rusiedutton 13:00~14:00 YUKA(H)	BBB MagmaDiet 13:00~14:00 NATSUKI	Step de shape 13:00~14:00 NATSUKI	Anatomic pelvic yoga 13:00~14:00 MATSUBA	Magma Yoga Power Energy 12:30~13:30 SAYAKA	Magma Fight 13:00~14:00 MADOKA	13:00
14:00								14:00
15:00	Magma Yoga Power Energy 14:30~15:30 KANAE	Magma Yoga Pelvis adjustment 14:30~15:30 NaNaI	Magma de Beautycare 14:30~15:30 NATSUKI	Magma Pilates 14:30~15:30 ONOZATO	Magma Relaxation 14:30~15:30 MEGUMI HAJI	Magma Pilates 14:00~15:00 OGAWA	Magma Relaxation 14:30~15:30 ERICA	15:00
16:00	Magma Pilates ball 16:00~17:00 OYAMA	Magma de Beautycare 16:00~17:00 SHIMA	Magma Beauty Legs Yoga 16:00~17:00 MAKI MIURA	Magma Rhythm shape 16:00~17:00 CAPPY	Magma Yoga Healing Detox 16:00~17:00 MEGUMI HAJI	Magma Beauty shape 15:30~16:30 AIZAWA	Magma Body slim 16:00~17:00 kaori	16:00
17:00								17:00
18:00	Magma Stretch Basic 17:30~18:30 MISUZU	Breathcize Magma Diet 17:30~18:30 MASAKO MATSUMOTO	Beauty BODY shape ~Booty Boom~ 17:30~18:30 YOSHI	Magma Stretch Basic 17:30~18:30 CAPPY	Magma Pilates 17:30~18:30 NAOKO NAKAMURA	Magna Stretch Basic 17:00~18:00 HASHIMOTO	Magma Pilates 17:30~18:30 IZUMI	18:00
19:00	Magma Fight 19:00~20:00 YOSHI	Magma Yoga Power Energy 19:00~20:00 saori	Magma Beauty shape 19:00~20:00 AIZAWA	Magma Body care special 19:00~20:00 MARI	Magma Yoga Pelvis adjustment 19:00~20:00 MARI	Magma de Beauty Core Shape 18:30~19:30 SAYO	Magma Stretch Basic 19:00~20:00 IZUMI	19:00
20:00								20:00
21:00	Magma de Beauty Core Detox 20:30~21:30 AKIE	Magma de Beauty Core Shape 20:30~21:30 MAYU SUDACHI	Magma Yoga Power Energy 20:30~21:30 mayuko	Magma Pilates 20:30~21:30 SAYAKA	Magma Stretch Flow 20:30~21:30 MARI	Magma Yoga Pelvis adjustment 20:00~21:00 yuumi	Magma Yoga Power Energy 20:30~21:30 Yumiko	21:00
22:00	Magma Stretch Basic 22:00~23:00 HANA E IDA	Magma Yoga Healing Detox 22:00~23:00 MEGUMI HAJI	Magma Therapy Ball 22:00~23:00 SAYAKA	Magma Yoga Healing Detox 22:00~23:00 SAYAKA	Magma Relaxation 22:00~23:00 mamiko	Magma Yoga Healing Detox 21:30~22:30 MEGUMI HAJI	Magma Therapy Ball 22:00~23:00 SAYAKA	22:00

◇ please make a reservation with a phone call or website.  
if you dn't came the lesson without a cancel, a fee for cancel ¥ 3,400 – will occur.

magma SPA studio insea Azabujuban  
TEL: 03-5419-6064

Mon.Tue.Wed.Thu.Fri.Sun 7:45~23:30  
Sat 7:45~23:00