

Check-in time is 5 minutes before lesson start time. Please note that you can not take classes after that.

TIME	DAY	Mon	Tue	Wed	Thu	Fri	Sat	Sun	DAY	TIME
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 OGAWA	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	Magma 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	Magma Step de shape 13:00~14:00 NATSUKI	Magma Anatomic pelvic yoga 13:00~14:00 MATSUBA	Magma de Beautycare 12:30~13:30 NATSUKI	Magma Fight 13:00~14:00 MADOKA	13:00	
14:00									14:00	
15:00		Magma Yoga Healing Detox 14:30~15:30 KANA E	Magma Yoga Power Energy 14:30~15:30 NaNa	Magma de Beautycare 14:30~15:30 NATSUKI	Magma Pilates 14:30~15:30 ONOZATO	Magma Stretch Flow 14:30~15:30 MARI		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 Stretch Basic 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	Magma Fight 17:30~18:30 akino	Beauty BODY shape ~Booty Boom~ 17:30~18:30 YOSHI	Magma Rhythm shape 17:30~18:30 CAPPY	Magma Relaxation 17:30~18:30 MEGUMI HAJI		Magma Yoga Basic 17:30~18:30 MIKU	18:00	
19:00		Magma Fight 19:00~20:00 YOSHI	Magma Yoga Pelvis adjustment 19:00~20:00 saori	Magma Beauty shape 19:00~20:00 AIZAWA	Magma Beauty Legs Yoga 19:00~20:00 MARI	Magma Body care special 19:00~20:00 MARI	Magma de Beauty Core weekly 18:30~19:30 SAYO	Magma Stretch Basic 19:00~20:00 Mayuko	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 SAYO	Magma Yoga Power Energy 20:30~21:30 Mayuko	Magma de Beautycare 20:30~21:30 KYOCO	Magma Yoga Power Energy 20:30~21:30 Yui	Magma Yoga Pelvis adjustment 20:00~21:00 Yuumi	Magma Yoga Power Energy 20:30~21:30 Mayuko	21:00	
22:00		Magma Yoga Detox 22:00~23:00 MIKU	Magma Yoga Healing Detox 22:00~23:00 MEGUMI HAJI	Magma Relaxation 22:00~23:00 ASAMI	Magma Yoga Healing Detox 22:00~23:00 KYOCO	Magma Stretch Flow 22:00~23:00 mamiko	Magma Yoga Healing Detox 21:30~22:30 MEGUMI HAJI	Magma Step de shape 22:00~23:00 maaya	22:00	

◆ please make a reservation with a phone call or website.
if you don't come to the lesson without a cancel, a fee for cancel ¥3,400—will occur.

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

Facebook
[insea麻布十番店]

LINE
[insea麻布十番店]
ID:[@UYD8879J]

twitter
[マグマスパスタジオinsea]

instagram
[insea_azabu]



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

★Short business days: On the third Tuesday