# 2026年6月レッスンスケジュール Rintosull 三宮店(全スタジオ:女性専用)

※2026年05月22日02:03 出力時点の情報です。最新情報は予約サイトをご確認ください。下記には店舗でしか予約ができないレッスンが含まれています。

| | 1日(月) | 2日(火) | 3日(水) | 4日(木) | 5日(金) | 6日(土) | 7日(日) | 8日(月) | 9日(火) | 10日(水) | 11日(木) | 12日(金) | 13日(土) | 14日(日) | 15日(月) | 16日(火) | 17日(水) | 18日(木) | 19日(金) | 20日(土) | 21日(日) | 22日(月) | 23日(火) | 24日(水) |
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| | | | | | | 08:00–08:30<br>◎ヒラPerBackBody<br>小橋 | | | | | | | 08:00–08:30<br>◎ヒラBackStyle<br>宮下 | | | | | | | 08:00–08:50<br>◎ヒラUpper+<br>馬屋原 | | | | |
| | | | | | | 10分<br>09:00–09:30<br>Rin-Ballet<br>宮下 | | | | | | | 09:00–09:30<br>◎ヒラTotalBody<br>小橋 | | | | | | | | | | | |
| | 09:30–10:20<br>◎ヒラLower+<br>馬屋原 | 09:30–10:20<br>◎ヒラUpper+<br>石川 | 09:30–10:00<br>◎ヒラStretchC<br>小橋 | 09:30–10:20<br>◎ヒラUpper+<br>馬屋原 | 09:30–10:00<br>◎ヒラHipLine<br>宮下 | | | 09:30–10:00<br>◎ヒラChestSR<br>小橋 | 09:30–10:20<br>◎ヒラUpper+<br>馬屋原 | 09:30–10:20<br>◎ヒラB+<br>池原 | 09:30–10:20<br>◎ヒラB&A+<br>竹本 | 09:30–10:00<br>◎ヒラStretchC<br>小橋 | | | 09:30–10:20<br>◎ヒラB&A+<br>高木 | 09:30–10:00<br>◎ヒラStretchC<br>宮下 | 09:30–10:20<br>◎ヒラH&L+<br>竹本 | 09:30–10:20<br>◎ヒラUpper+<br>馬屋原 | 09:30–10:00<br>◎ヒラRefBody<br>高木 | 09:20–10:10<br>◎ヒラB+<br>高木 | | 09:30–10:20<br>◎ヒラUpper+<br>馬屋原 | 09:30–10:00<br>◎ヒラStretchC<br>中野 | |
| | | | | | 10分<br>10:30–11:00<br>Rin-Ballet<br>宮下 | 10:00–10:50<br>◎ヒラUpper+<br>石川 | | | | | | | 10:00–10:50<br>◎ヒラUpper+<br>石川 | | | | | | | | | | | |
| | 10:50–11:40<br>◎ヒラUpper+<br>石川 | 10:50–11:40<br>◎ヒラLower+<br>石川 | 10:30–11:20<br>◎ヒラA+<br>小橋 | 10:50–11:40<br>◎ヒラLower+<br>馬屋原 | | | | 10:30–11:00<br>◎ヒラHipLine<br>宮下 | 10:50–11:40<br>◎ヒラLower+<br>馬屋原 | 10:50–11:40<br>◎ヒラLower+<br>馬屋原 | 10:50–11:20<br>◎ヒラPerBackBody<br>小橋 | 10:30–11:00<br>◎ヒラControlF<br>小橋 | | | 10:50–11:40<br>◎ヒラB+<br>高木 | 10:30–11:20<br>◎ヒラH&L+<br>竹本 | 10:50–11:40<br>◎ヒラUpper+<br>石川 | 10:50–11:40<br>◎ヒラLower+<br>馬屋原 | 10:30–11:20<br>◎ヒラWaist+<br>高木 | 10:40–11:10<br>◎ヒラRefCore<br>高木 | | 11:00–11:50<br>◎ヒラLower+<br>馬屋原 | 10:30–11:00<br>◎ヒラControlF<br>中野 | |
| | | | | | 11:30–12:00<br>◎ヒラControlF<br>小橋 | 11:20–12:10<br>◎ヒラLower+<br>馬屋原 | | 11:30–12:00<br>◎ヒラBackStyle<br>宮下 | | | 10分<br>11:50–12:20<br>Rin-Ballet<br>宮下 | 11:30–12:20<br>◎ヒラB&A+<br>竹本 | 11:20–12:10<br>◎ヒラLower+<br>石川 | | | | | | | | 11:40–12:30<br>◎ヒラH&L+<br>竹本 | | | 11:30–12:20<br>◎ヒラLower+<br>石川 | |
| | 12:10–12:40<br>◎ヒラPerBackBody<br>小橋 | 12:10–12:40<br>◎ヒラRefBody<br>高木 | 11:50–12:40<br>◎ヒラUpper+<br>竹本 | 12:10–12:40<br>◎ヒラStretchC<br>小橋 | | | | | 12:10–12:40<br>◎ヒラcore<br>宮下 | 12:10–13:00<br>◎ヒラUpper+<br>馬屋原 | | | 10分<br>12:40–13:10<br>Rin-Ballet<br>宮下 | | 12:10–13:00<br>◎ヒラLower+<br>石川 | | 12:10–12:40<br>◎ヒラHipLine<br>宮下 | 12:10–13:00<br>◎ヒラB&A+<br>高木 | 11:50–12:40<br>◎ヒラLower+<br>馬屋原 | | | | | |
| | | | | 10分 | 12:30–13:20<br>◎ヒラB+<br>池原 | 12:40–13:10<br>◎ヒラcore<br>宮下 | | 12:30–13:20<br>◎ヒラB+<br>池原 | | | 12:50–13:40<br>◎ヒラLower+<br>石川 | 12:50–13:40<br>◎ヒラH&L+<br>竹本 | | | | | | | | 12:50–13:40<br>◎ヒラB&A+<br>竹本 | | 12:30–13:20<br>◎ヒラB&A+<br>高木 | 12:50–13:40<br>◎ヒラJumpM<br>小橋 | |
| | 13:10–13:40<br>◎ヒラChestSR<br>小橋 | 13:10–14:00<br>◎ヒラWaist+<br>高木 | 13:00–13:50<br>◎ヒラLower+<br>竹本 | 13:10–14:00<br>◎ヒラJumpM<br>小橋 | | 13:40–14:10<br>◎ヒラHipLine<br>宮下 | | 13:10–13:55<br>Power Basic<br>池原 | | 13:30–14:00<br>◎ヒラHipLine<br>宮下 | | | 13:40–14:10<br>◎ヒラChestSR<br>小橋 | | 13:30–14:00<br>◎ヒラControlF<br>小橋 | 13:10–14:00<br>◎ヒラLower+<br>石川 | 13:10–13:40<br>◎ヒラcore<br>宮下 | 13:30–14:00<br>◎ヒラRefCore<br>高木 | 13:10–14:00<br>◎ヒラUpper+<br>馬屋原 | | | | | |
| | 14:10–14:40<br>◎ヒラRefCore<br>高木 | 14:30–15:00<br>◎ヒラHipLine<br>宮下 | 14:20–15:05<br>Power Basic<br>池原 | 14:30–15:00<br>◎ヒラBackStyle<br>宮下 | 13:50–14:40<br>◎ヒラWaist+<br>池原 | | | 13:50–14:40<br>◎ヒラLower+<br>石川 | 14:20–14:50<br>◎ヒラRefBody<br>高木 | 14:30–15:00<br>◎ヒラStretchC<br>宮下 | | 14:10–14:40<br>◎ヒラRefCore<br>池原 | 10分<br>14:40–15:30<br>◎ヒラJumpM<br>小橋 | | 14:30–15:20<br>◎ヒラUpper+<br>竹本 | 14:30–15:00<br>◎ヒラcore<br>高木 | 14:10–15:00<br>◎ヒラLower+<br>石川 | 14:30–15:00<br>◎ヒラPerBackBody<br>中野 | 10分<br>14:30–15:00<br>Rin-Ballet<br>宮下 | 14:10–14:40<br>◎ヒラPerBackBody<br>小橋 | | 14:00–14:30<br>◎ヒラcore<br>高木 | 14:10–14:40<br>◎ヒラTotalBody<br>小橋 | |
| | 15:10–15:40<br>◎ヒラRefBody<br>高木 | 15:30–16:00<br>◎ヒラcore<br>宮下 | | 10分<br>15:30–16:00<br>Rin-Ballet<br>宮下 | 15:00–15:30<br>◎ヒラRefBody<br>高木 | 14:40–15:30<br>◎ヒラUpper+<br>馬屋原 | | 15:10–16:00<br>◎ヒラB&A+<br>竹本 | | 15:30–16:00<br>◎ヒラBackStyle<br>宮下 | | 15:10–15:55<br>Power Basic<br>池原 | 16:00–16:30<br>◎ヒラRefCore<br>池原 | | 15:50–16:40<br>◎ヒラH&L+<br>竹本 | 15:20–16:10<br>◎ヒラB&A+<br>竹本 | 15:30–16:00<br>◎ヒラTotalBody<br>小橋 | 15:30–16:00<br>◎ヒラTotalBody<br>中野 | 15:30–16:00<br>◎ヒラControlF<br>中野 | 15:10–15:40<br>◎ヒラChestSR<br>小橋 | | 15:20–16:10<br>◎ヒラUpper+<br>石川 | | |
| | 16:20–17:10<br>◎ヒラB&A+<br>竹本 | 16:30–17:20<br>◎ヒラH&L+<br>池原 | 16:10–17:00<br>◎ヒラB&A+<br>高木 | | 16:00–16:50<br>◎ヒラLower+<br>竹本 | 16:00–16:30<br>◎ヒラRefCore<br>高木 | | | | | | | | | | 16:40–17:10<br>◎ヒラRefCore<br>高木 | | 16:30–17:00<br>◎ヒラStretchC<br>宮下 | 16:20–17:10<br>◎ヒラUpper+<br>竹本 | | 16:10–17:00<br>◎ヒラLower+<br>石川 | | 16:40–17:10<br>◎ヒラRefCore<br>高木 | |
| | 10分<br>17:40–18:10<br>Rin-Ballet<br>宮下 | 17:50–18:20<br>◎ヒラRefCore<br>池原 | 17:30–18:00<br>◎ヒラcore<br>高木 | 17:00–17:50<br>◎ヒラUpper+<br>石川 | 17:20–17:50<br>◎ヒラRefCore<br>高木 | 17:00–17:50<br>◎ヒラB&A+<br>高木 | | 17:00–17:50<br>◎ヒラA+<br>小橋 | 17:10–18:00<br>◎ヒラB&A+<br>竹本 | 17:10–17:40<br>◎ヒラcore<br>高木 | | 17:20–17:50<br>◎ヒラRefBody<br>高木 | 17:00–17:50<br>◎ヒラB+<br>池原 | | 17:40–18:10<br>◎ヒラPerBackBody<br>小橋 | 17:40–18:30<br>◎ヒラUpper+<br>馬屋原 | 10分<br>17:40–18:10<br>Rin-Ballet<br>宮下 | 17:40–18:30<br>◎ヒラUpper+<br>石川 | 17:40–18:30<br>◎ヒラLower+<br>竹本 | 17:30–18:20<br>◎ヒラUpper+<br>石川 | | | 17:40–18:30<br>◎ヒラH&L+<br>竹本 | |
| | 18:40–19:10<br>◎ヒラcore<br>宮下 | 18:50–19:40<br>◎ヒラUpper+<br>馬屋原 | 18:30–19:00<br>◎ヒラPerBackBody<br>中野 | 18:20–19:10<br>◎ヒラLower+<br>石川 | 18:20–19:05<br>Power Basic<br>高木 | | | 18:20–19:10<br>◎ヒラLower+<br>石川 | 18:30–19:00<br>◎ヒラRefCore<br>高木 | 18:10–19:00<br>◎ヒラB+<br>高木 | 18:40–19:30<br>◎ヒラLower+<br>馬屋原 | 18:20–19:10<br>◎ヒラWaist+<br>高木 | | | 18:40–19:10<br>◎ヒラStretchC<br>小橋 | | 18:40–19:30<br>◎ヒラUpper+<br>石川 | | | | | 18:00–18:50<br>◎ヒラWaist+<br>高木 | | |
| | 19:40–20:30<br>◎ヒラLower+<br>竹本 | 20:10–21:00<br>◎ヒラLower+<br>馬屋原 | 19:40–20:30<br>◎ヒラLower+<br>石川 | 19:40–20:30<br>◎ヒラB&A+<br>竹本 | 19:40–20:30<br>◎ヒラLower+<br>竹本 | | | 19:40–20:30<br>◎ヒラUpper+<br>竹本 | 19:40–20:30<br>◎ヒラLower+<br>石川 | 19:40–20:30<br>◎ヒラLower+<br>石川 | 20:00–20:50<br>◎ヒラUpper+<br>石川 | 19:40–20:30<br>◎ヒラLower+<br>馬屋原 | | | 19:40–20:30<br>◎ヒラWaist+<br>池原 | 19:00–19:50<br>◎ヒラLower+<br>馬屋原 | 19:00–19:50<br>◎ヒラLower+<br>石川 | 19:00–19:30<br>◎ヒラBackStyle<br>宮下 | | | | 19:30–20:20<br>◎ヒラH&L+<br>竹本 | 19:00–19:30<br>◎ヒラChestSR<br>小橋 | |
| | | | | | | | | | | | | | | | | 10分<br>20:00–20:50<br>◎ヒラJumpM<br>小橋 | 20:20–20:50<br>◎ヒラBackStyle<br>宮下 | 20:00–20:30<br>◎ヒラStretchC<br>小橋 | | | | 20:00–20:30<br>◎ヒラRefBody<br>高木 | |
| | 21:00–21:50<br>◎ヒラUpper+<br>竹本 | 21:20–21:50<br>◎ヒラBackStyle<br>宮下 | 21:00–21:50<br>◎ヒラUpper+<br>石川 | 21:00–21:50<br>◎ヒラH&L+<br>竹本 | 21:00–21:50<br>◎ヒラB&A+<br>竹本 | | | 21:00–21:50<br>◎ヒラH&L+<br>竹本 | 21:00–21:50<br>◎ヒラUpper+<br>石川 | 21:00–21:50<br>◎ヒラUpper+<br>石川 | 21:20–21:50<br>◎ヒラRefCore<br>高木 | 21:00–21:50<br>◎ヒラUpper+<br>馬屋原 | | | 21:00–21:50<br>◎ヒラUpper+<br>馬屋原 | 21:20–21:50<br>◎ヒラTotalBody<br>中野 | 21:20–21:50<br>◎ヒラStretchC<br>小橋 | 21:20–21:50<br>◎ヒラHipLine<br>宮下 | 21:00–21:50<br>◎ヒラA+<br>小橋 | | | 21:00–21:50<br>◎ヒラB&A+<br>竹本 | 21:00–21:50<br>◎ヒラB+<br>高木 | |

| 25日(木) | 26日(金) | 27日(土) | 28日(日) | 29日(月) | 30日(火) |
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