

2026年10月レッスンスケジュール Rintosull ツインゲート榎原店(全スタジオ:女性専用)

※2026年10月14日02:04 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(木) | 2日(金) | 3日(土) | 4日(日) | 5日(月) | 6日(火) | 7日(水) | 8日(木) | 9日(金) | 10日(土) | 11日(日) | 12日(月) | 13日(火) | 14日(水) | 15日(木) | 16日(金) | 17日(土) | 18日(日) | 19日(月) | 20日(火) | 21日(水) | 22日(木) | 23日(金) | 24日(土) |  |
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[illegible]

| 【マシンビリティス】 |                                     |     |
|------------|-------------------------------------|-----|
| 強度         | レッスンの名                              | 時間  |
| 2.5        | ◎ビュLower+ Lower Body Make-up +      | 50分 |
| 2.5        | ◎ビュUpper+ Upper Body Make-up +      | 50分 |
| 2.5        | ◎ビュB+ Basic+                        | 50分 |
| 2.5        | ◎ビュTotalBody Total Body             | 30分 |
| 2.5        | ◎ビュStretchC Stretch&Conditioning    | 30分 |
| 2.5        | ◎ビュChestSR Chest Spine Release      | 30分 |
| 3          | ◎ビュH&L+ Hip&Legs+                   | 50分 |
| 3          | ◎ビュBackStyle Beauty Back Style      | 30分 |
| 3          | ◎ビュHipLine Make Hip Line            | 30分 |
| 3          | ◎ビュRefCore Refresh Core             | 30分 |
| 3          | ◎ビュPerBackBody Perfect Back Body    | 30分 |
| 3          | Boost Upper&Lower Boost Upper&Lower | 45分 |
| 3          | Power Basic Power Basic             | 45分 |
| 3.5        | ◎ビュWaist+ Waist Shape +             | 50分 |
| 3.5        | ◎ビュB&A+ Back&Arms+                  | 50分 |
| 3.5        | ◎ビュControlF Control Flow            | 30分 |
| 4          | ◎ビュA+ Advance+                      | 50分 |
| 4          | Power Waist Shape Power Waist Shape | 45分 |

【SP-特別レッスン】

👑=トップインストラクター

| レッスン日時            | 強度 | レッスン名                        | 担当インストラクター |
|-------------------|----|------------------------------|------------|
| 1(木) 17:20-17:50  | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 2(金) 20:00-20:30  | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 3(土) 08:00-08:30  | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 3(土) 17:00-17:30  | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 5(月) 14:10-14:40  | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 5(月) 18:40-19:10  | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 5(月) 21:00-21:30  | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 6(火) 12:10-12:40  | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 6(火) 20:00-20:30  | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 7(水) 17:20-17:50  | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 8(木) 14:20-14:50  | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 8(木) 18:40-19:10  | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 9(金) 11:50-12:20  | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 9(金) 20:00-20:30  | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 10(土) 09:20-09:50 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 10(土) 14:40-15:10 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 10(土) 17:00-17:30 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 12(月) 08:00-08:30 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 12(月) 16:00-16:30 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 13(火) 18:40-19:10 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 14(水) 11:50-12:20 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 15(木) 16:00-16:30 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 15(木) 21:00-21:30 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 16(金) 20:00-20:30 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 17(土) 10:20-10:50 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 17(土) 16:00-16:30 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 19(月) 18:40-19:10 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 20(火) 10:50-11:20 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 20(火) 20:00-20:30 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 22(木) 11:50-12:20 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 23(金) 13:05-13:35 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 24(土) 13:40-14:10 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 24(土) 17:00-17:30 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 26(月) 13:10-13:40 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 26(月) 17:20-17:50 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 26(月) 21:00-21:30 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 27(火) 09:30-10:00 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 28(水) 12:10-12:40 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 28(水) 19:00-19:30 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 29(木) 09:30-10:00 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 29(木) 16:30-17:00 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 30(金) 14:10-14:40 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 30(金) 20:00-20:30 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |
| 31(土) 09:20-09:50 | 3  | Rintosull MIX Halloween 2026 | 政吉言美       |
| 31(土) 11:40-12:10 | 3  | Rintosull MIX Halloween 2026 | 加井ひかる      |
| 31(土) 16:00-16:30 | 3  | Rintosull MIX Halloween 2026 | 児玉志織       |

