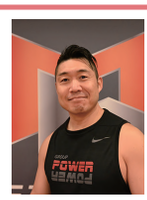
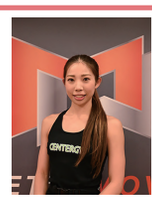
MOSSA MOVE

LIVE LESSON SCHEDULE

※スケジュールやプログラム、担当インストラクターは変更となる場合があります

2026年11月

DATE	PROGRAM	INSTRUCTORS
11/9 (Mon) 14:30 - 15:15 (45)	GROUP CENTERGY	 Kaya
11/10 (Tue) 14:30 - 15:15 (45)	GROUP POWER	 Hiro
11/11 (Wed) 14:00 - 14:30 (30)	GROUP CENTERGY	 Eri
11/11 (Wed) 15:00 - 15:30 (30)	GROUP ACTIVE	 Eri
11/12 (Thu) 10:30 - 11:15 (45)	GROUP groove	 Minami
11/12 (Thu) 11:45 - 12:15 (30)	GROUP CENTERGY	 Minami
11/13 (Fri) 11:00 - 11:30 (30)	MOVE30	 Kiku
11/13 (Fri) 12:00 - 12:45 (45)	GROUP BLAST	 Kiku

DATE	PROGRAM	INSTRUCTORS
11/13 (Fri) 14:00 - 14:30 (30)	R30	 Saori
11/13 (Fri) 15:00 - 15:30 (30)	GROUP CENTERGY	 Saori
11/19 (Thu) 13:30 - 14:15 (45)	GROUP ACTIVE	 Chika
11/19 (Thu) 14:45 - 15:15 (30)	GROUP POWER	 Chika
11/20 (Fri) 14:30 - 15:00 (30)	GROUP CORE	 Matsu
11/20 (Fri) 15:30 - 16:00 (30)	3D30	 Matsu

SAIFAM

BRAVO GROUP