

月曜日 腸&リンパ美人®エクササイズ 11:30~

| | 6月3日 | 6月10日 | 6月17日 | 6月24日 | |
|----|------|-------|-------|-------|--|
| 1 | 1112 | 1983 | 1808 | 1801 | |
| 2 | 1935 | 1254 | 972 | 1895 | |
| 3 | 1710 | 85 | 1529 | 1961 | |
| 4 | 1961 | 1684 | 1905 | 1876 | |
| 5 | 1876 | 2006 | 2045 | 1031 | |
| 6 | 1031 | 1113 | 1931 | 1910 | |
| 7 | 1910 | 1441 | 1408 | 1836 | |
| 8 | 1836 | 2017 | 1682 | 1867 | |
| 9 | 1867 | 1112 | 131 | 48 | |
| 10 | 48 | 1935 | 1983 | 1888 | |
| 11 | 1888 | 1710 | 1254 | 764 | |
| 12 | 764 | 1961 | 85 | 1808 | |
| 13 | 1529 | 1876 | 1684 | 1529 | |
| 14 | 1905 | 1031 | 2006 | 1905 | |
| 15 | 2045 | 1910 | 1113 | 2045 | |
| 16 | 1931 | 1836 | 1441 | 1931 | |
| 17 | 1408 | 1867 | 2017 | 1441 | |
| 18 | 1682 | 48 | 1112 | 1682 | |
| 19 | 1895 | 1888 | 1935 | 131 | |
| 20 | 972 | 764 | 1710 | 1254 | |
| 21 | 2017 | 1895 | 1961 | 85 | |
| 22 | 85 | 1905 | 1876 | 1684 | |
| 23 | 1684 | 2045 | 1031 | 2006 | |
| 24 | 2006 | 1931 | 1910 | 1113 | |
| 25 | 131 | 1408 | 1836 | 1408 | |
| 26 | 1113 | 1682 | 1867 | 2017 | |
| 27 | 1441 | 1529 | 48 | 1112 | |
| 28 | 1254 | 131 | 1888 | 1935 | |
| 29 | | | 764 | 1710 | |
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