

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LesMills BODYCOMBAT	0:00 ~ 0:30 LesMills CKWORX	0:00 ~ 0:30 barre	0:00 ~ 0:30 LesMills CKWORX	0:00 ~ 0:30 barre	0:00 ~ 0:30 LesMills BODYPUMP	0:00 ~ 0:30 LesMills SHBAM
1:00	1:00 ~ 1:30 LesMills SHBAM	1:00 ~ 1:30 LesMills BODYCOMBAT	1:00 ~ 1:30 LesMills BODYBALANCE	1:00 ~ 1:30 LesMills GRIT CARDIO	1:00 ~ 1:30 LesMills CKWORX	1:00 ~ 1:30 barre	1:00 ~ 1:30 BODYPUMP
2:00	2:00 ~ 2:30 LesMills BODYPUMP	2:00 ~ 2:30 LesMills SHBAM	2:00 ~ 2:30 LesMills BODYCOMBAT	2:00 ~ 2:30 LesMills BODYBALANCE	2:00 ~ 2:30 LesMills GRIT CARDIO	2:00 ~ 2:30 LesMills CKWORX	2:00 ~ 2:30 barre
3:00	3:00 ~ 3:30 barre	3:00 ~ 3:30 LesMills BODYPUMP	3:00 ~ 3:30 LesMills SHBAM	3:00 ~ 3:30 LesMills BODYCOMBAT	3:00 ~ 3:30 LesMills BODYBALANCE	3:00 ~ 3:30 LesMills GRIT CARDIO	3:00 ~ 3:30 LesMills CKWORX
4:00	4:00 ~ 4:30 LesMills CKWORX	4:00 ~ 4:30 barre	4:00 ~ 4:30 LesMills BODYPUMP	4:00 ~ 4:30 LesMills SHBAM	4:00 ~ 4:30 LesMills BODYCOMBAT	4:00 ~ 4:30 LesMills BODYBALANCE	4:00 ~ 4:30 LesMills GRIT CARDIO
5:00	5:00 ~ 5:30 LesMills GRIT CARDIO	5:00 ~ 5:30 LesMills CKWORX	5:00 ~ 5:30 barre	5:00 ~ 5:30 LesMills BODYPUMP	5:00 ~ 5:30 LesMills SHBAM	5:00 ~ 5:30 LesMills BODYCOMBAT	5:00 ~ 5:30 LesMills BODYBALANCE
6:00	6:00 ~ 6:30 LesMills BODYBALANCE	6:00 ~ 6:30 LesMills GRIT CARDIO	6:00 ~ 6:30 LesMills CKWORX	6:00 ~ 6:30 barre	6:00 ~ 6:30 LesMills BODYPUMP	6:00 ~ 6:30 LesMills SHBAM	6:00 ~ 6:30 LesMills BODYCOMBAT
7:00	7:00 ~ 7:30 LesMills BODYCOMBAT	7:00 ~ 7:30 LesMills BODYBALANCE	7:00 ~ 7:30 LesMills GRIT CARDIO	7:00 ~ 7:30 LesMills CKWORX	7:00 ~ 7:30 barre	7:00 ~ 7:30 LesMills BODYPUMP	7:00 ~ 7:30 LesMills SHBAM
8:00	8:00 ~ 8:30 LesMills SHBAM	8:00 ~ 8:30 LesMills BODYCOMBAT	8:00 ~ 8:30 LesMills BODYBALANCE	8:00 ~ 8:30 LesMills SHBAM	8:00 ~ 8:30 LesMills BODYPUMP	8:00 ~ 8:30 LesMills CKWORX	8:00 ~ 8:30 LesMills BODYBALANCE
9:00	9:00 ~ 9:30 LesMills BODYPUMP	9:00 ~ 9:30 LesMills SHBAM	9:00 ~ 9:30 LesMills BODYCOMBAT	9:00 ~ 9:30 LesMills BODYBALANCE	9:00 ~ 9:30 LesMills SHBAM	9:00 ~ 9:30 LesMills BODYPUMP	9:00 ~ 9:30 LesMills CKWORX
10:00	10:00 ~ 11:00 ★ YOGA (ヨガ) (Live/ZOOM併用) (阿部 広子)	10:00 ~ 10:30 LesMills BODYPUMP	10:00 ~ 10:30 LesMills SHBAM	10:00 ~ 10:30 LesMills BODYCOMBAT	10:00 ~ 10:30 LesMills BODYBALANCE	10:00 ~ 10:30 LesMills SHBAM	10:00 ~ 10:30 LesMills BODYPUMP
11:00		11:00 ~ 11:30 ★ YOGA (ヨガ) (鈴木 萌子) 第1・2・3・5火曜日 第4火曜日はBODYBALANCE	11:00 ~ 11:30 LesMills BODYPUMP	11:00~11:45 ★ Danceエクササイズ (Live/ZOOM併用) (鈴木 萌子) 第1・3木曜日 11:00~11:30 LesMills BODYBALANCE 第2・4木曜日	11:00 ~ 11:30 LesMills BODYCOMBAT	11:00 ~ 11:30 LesMills BODYBALANCE	11:00 ~ 12:00 ★ REAL GYM SHRIMP FLY (有料)
12:00	12:00 ~ 12:30 LesMills BODYBALANCE	12:00 ~ 12:30 LesMills BODYCOMBAT	12:00 ~ 12:30 barre	12:00~12:30 LesMills BODYPUMP 第2・4木曜日	12:00 ~ 12:30 LesMills SHBAM	12:00 ~ 12:30 LesMills BODYCOMBAT	
13:00	13:00 ~ 13:30 LesMills BODYCOMBAT	13:00 ~ 13:30 LesMills CKWORX	13:00 ~ 13:30 LesMills BODYCOMBAT	13:00 ~ 13:30 barre	13:00 ~ 13:30 LesMills BODYPUMP	13:00 ~ 13:30 LesMills SHBAM	13:00 ~ 13:30 LesMills BODYCOMBAT
14:00	14:00 ~ 14:45 ★ Danceエクササイズ (Live/ZOOM併用) (鈴木 萌子)	14:00 ~ 14:30 LesMills BODYBALANCE		14:00 ~ 14:30 LesMills BODYCOMBAT	14:00 ~ 14:30 barre	14:00 ~ 15:00 ★ YOGA (ヨガ) (Live/ZOOM併用) ① 鈴木 萌子 ② YURINA	14:00 ~ 14:30 LesMills SHBAM
15:00		15:00 ~ 15:30 LesMills SHBAM	14:30 ~ 15:30 ★ YOGA & ピラティス (Live/ZOOM併用) (西山 美子)	15:00 ~ 15:30 LesMills CKWORX			15:00 ~ 15:30 LesMills BODYPUMP
16:00	16:00 ~ 16:30 LesMills BODYPUMP	16:00 ~ 16:30 LesMills GRIT CARDIO	16:00 ~ 16:30 LesMills SHBAM	16:00 ~ 16:30 LesMills BODYBALANCE	15:30 ~ 16:30 ★ YOGA & ピラティス (Live/ZOOM併用) (西山 美子)	16:00 ~ 16:15 LesMills BODYCOMBAT (山口 奈穂)	16:00 ~ 16:30 barre
17:00	17:00 ~ 17:30 barre	17:00 ~ 17:30 LesMills BODYPUMP	17:00 ~ 17:30 LesMills GRIT CARDIO	17:00 ~ 17:30 LesMills SHBAM	17:00 ~ 17:30 LesMills BODYCOMBAT	17:00 ~ 17:30 LesMills CKWORX	17:00 ~ 17:30 LesMills BODYCOMBAT
18:00	18:00 ~ 18:30 LesMills BODYBALANCE	18:00 ~ 18:30 LesMills BODYCOMBAT	18:00 ~ 18:30 LesMills BODYPUMP	18:00 ~ 18:30 LesMills GRIT STRENGTH	18:00 ~ 18:30 LesMills SHBAM	18:00 ~ 18:30 LesMills BODYBALANCE	18:00 ~ 18:30 LesMills CKWORX
19:00	9/7 19:00~19:30 BODYCOMBAT 20:00~20:30 CKWORX 19:30 ~ 20:15 LesMills BODYCOMBAT (山口 奈穂) 第2・3・4木曜日	19:00 ~ 20:00 ★ REAL GYM SHRIMP FLY (有料)	19:30 ~ 20:15 LesMills BODYCOMBAT (山口 奈穂)	19:00 ~ 19:30 LesMills BODYPUMP	19:00 ~ 19:30 LesMills CKWORX	19:00 ~ 19:30 LesMills SHBAM	19:00 ~ 19:30 LesMills BODYBALANCE
20:00		20:30 ~ 21:30 ★ YOGA (ヨガ) (Live/ZOOM併用) (阿部 広子)	21:00 ~ 21:30 LesMills BODYBALANCE	20:00 ~ 20:30 barre	20:45 ~ 21:45 ★ YOGA (ヨガ) (Live/ZOOM併用) (阿部 広子)	20:00 ~ 20:30 LesMills GRIT CARDIO	20:00 ~ 20:30 LesMills SHBAM
21:00	21:00 ~ 21:30 LesMills SHBAM		21:00 ~ 21:30 LesMills BODYBALANCE	21:00 ~ 21:30 LesMills BODYBALANCE		21:00 ~ 21:30 LesMills BODYCOMBAT	21:00 ~ 21:30 LesMills GRIT CARDIO
22:00	22:00 ~ 22:30 LesMills GRIT CARDIO	22:00 ~ 22:30 LesMills SHBAM	22:00 ~ 22:30 LesMills CKWORX	22:00 ~ 22:30 LesMills BODYCOMBAT		22:00 ~ 22:30 barre	22:00 ~ 22:30 LesMills BODYCOMBAT
23:00	23:00 ~ 23:30 LesMills BODYBALANCE	23:00 ~ 23:30 LesMills GRIT CARDIO	23:00 ~ 23:30 LesMills SHBAM	23:00 ~ 23:30 LesMills CKWORX	23:00 ~ 23:30 LesMills BODYCOMBAT	23:00 ~ 23:30 LesMills BODYBALANCE	23:00 ~ 23:30 barre

黒塗りはインストラクターによるLiveレッスン ☆はLiveとZOOMリモートの併用レッスンです ※ ヨガ第1・3土曜日(阿部インストラクター)、第2・4土曜日(YURINAインストラクター)