

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS SHYBAM	0:00 ~ 0:30 LES MILLS CORE	0:00 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYBALANCE	0:00 ~ 0:30 LES MILLS SHYBAM	0:00 ~ 0:30 LES MILLS BODYBALANCE
1:00	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS SHYBAM	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 LES MILLS BODYPUMP	2:00 ~ 2:30 LES MILLS SHYBAM	2:00 ~ 2:30 GRIT CARDIO	2:00 ~ 2:30 GRIT CARDIO	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 barre
3:00	3:00 ~ 3:30 barre	3:00 ~ 3:30 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS SHYBAM	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS CORE
4:00	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS SHYBAM	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 barre	4:00 ~ 4:30 GRIT CARDIO
5:00	5:00 ~ 5:30 GRIT CARDIO	5:00 ~ 5:30 LES MILLS CORE	5:00 ~ 5:30 barre	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS SHYBAM	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYBALANCE
6:00	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 GRIT CARDIO	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 barre	6:00 ~ 6:30 LES MILLS BODYPUMP	6:00 ~ 6:30 LES MILLS SHYBAM	6:00 ~ 6:30 LES MILLS BODYCOMBAT
7:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:45 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS CORE	7:00 ~ 7:30 barre	7:00 ~ 7:30 LES MILLS BODYPUMP	7:00 ~ 7:30 LES MILLS SHYBAM
8:00	8:00 ~ 8:30 LES MILLS SHYBAM	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS SHYBAM	8:00 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:30 LES MILLS CORE	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS SHYBAM	9:00 ~ 9:30 GRIT CARDIO	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS SHYBAM	9:00 ~ 9:30 GRIT STRENGTH	9:00 ~ 9:30 LES MILLS CORE
10:00	10:00 ~ 11:00 ★ YOGA (ヨガ) (Live/ZOOM併用) (阿部 広子)	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS SHYBAM	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS SHYBAM	10:00 ~ 10:45 ★ Danceエクササイズ (Live/ZOOM併用) (伊藤 萌子) 第2・4日曜日 第1・3日曜日
11:00		11:00 ~ 11:30 ★ YOGA (ヨガ) (鈴木 萌子)	11:00 ~ 11:30 LES MILLS BODYPUMP	11:00~11:45 ★ Danceエクササイズ (Live/ZOOM併用) (伊藤 萌子) 第1・3木曜日 第2・4木曜日	11:00~11:30 LES MILLS SHYBAM	11:00 ~ 11:30 LES MILLS BODYCOMBAT	11:30 ~ 12:30 RUN OVER SPLY (有料)
12:00	11:30 ~ 12:15 LES MILLS BODYPUMP	12:00 ~ 12:30 LES MILLS BODYCOMBAT	12:00 ~ 12:30 barre	12:00~12:30 LES MILLS BODYATTACK	12:00 ~ 12:30 LES MILLS SHYBAM	12:00 ~ 12:30 LES MILLS BODYCOMBAT	
13:00	12:45 ~ 13:30 LES MILLS BODYCOMBAT	13:00 ~ 13:30 LES MILLS CORE	13:00 ~ 13:30 LES MILLS BODYCOMBAT	13:00 ~ 13:30 barre	13:00 ~ 13:30 LES MILLS CORE	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYATTACK
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 LES MILLS BODYATTACK	14:00 ~ 14:30 LES MILLS CORE	14:00 ~ 14:30 LES MILLS BODYCOMBAT	14:00 ~ 14:30 ★ YOGA (ヨガ) (鈴木 萌子)	14:00 ~ 15:00 ★ YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	14:00 ~ 14:30 LES MILLS SHYBAM
15:00	15:00 ~ 16:00 LES MILLS CORE	15:00 ~ 15:30 LES MILLS SHYBAM	15:00 ~ 15:30 LES MILLS BODYBALANCE	15:00 ~ 15:30 LES MILLS CORE	15:00 ~ 15:30 barre	15:00 ~ 15:30 LES MILLS BODYPUMP	15:00 ~ 15:30 LES MILLS BODYPUMP
16:00	16:30 ~ 17:00 GRIT ATHLETIC	16:00 ~ 16:30 GRIT CARDIO	16:00 ~ 16:30 LES MILLS SHYBAM	16:00 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:30 GRIT ATHLETIC	16:30 ~ 17:30 LES MILLS BODYCOMBAT (山口 奈穂)	16:00 ~ 16:30 barre
17:00	17:30 ~ 18:00 barre	17:00 ~ 17:30 LES MILLS BODYPUMP	17:00 ~ 17:30 GRIT ATHLETIC	17:00 ~ 17:30 LES MILLS BODYATTACK	17:00 ~ 17:30 LES MILLS BODYCOMBAT	16:45 ~ 17:30 LES MILLS SHYBAM	17:00 ~ 17:30 LES MILLS BODYCOMBAT
18:00	18:30 ~ 19:00 LES MILLS BODYATTACK	18:00 ~ 18:30 LES MILLS BODYCOMBAT	18:00 ~ 18:45 LES MILLS BODYATTACK	18:00 ~ 18:30 GRIT STRENGTH	18:00 ~ 18:45 LES MILLS BODYATTACK	18:00 ~ 18:30 LES MILLS BODYBALANCE	18:00 ~ 18:30 LES MILLS CORE
19:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (田邊 峻平)	19:15 ~ 20:00 LES MILLS BODYPUMP	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	19:00 ~ 19:45 LES MILLS SHYBAM	19:15 ~ 20:15 ★ Hula (フラダンス) (Live/ZOOM併用) (宮本 まさの)	19:00 ~ 19:30 LES MILLS CORE	19:00 ~ 19:30 LES MILLS BODYBALANCE
20:00	20:30 ~ 21:30 LES MILLS SHYBAM	20:30 ~ 21:30 ★ YOGA (ヨガ) (Live/ZOOM併用) (阿部 広子)	20:45 ~ 21:30 LES MILLS SHYBAM	20:30 ~ 21:30 LES MILLS BODYPUMP	20:45 ~ 21:45 ★ YOGA (ヨガ) (Live/ZOOM併用) (阿部 広子)	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:30 LES MILLS SHYBAM
21:00	22:00 ~ 22:30 LES MILLS BODYPUMP	22:00 ~ 22:30 LES MILLS BODYATTACK	22:00 ~ 22:30 GRIT STRENGTH	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:30 ~ 23:30 LES MILLS BODYCOMBAT	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS BODYATTACK
22:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS SHYBAM	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS SHYBAM		23:00 ~ 23:30 LES MILLS SHYBAM	23:00 ~ 23:30 LES MILLS BODYCOMBAT
23:00							

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
は スタッフもプログラムに参加させていただきます。