

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS SH'BAM	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	23:30 ~ 0:30 LES MILLS BODYCOMBAT	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 SH'BAM	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 SH'BAM	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 SH'BAM	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 SH'BAM	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 SH'BAM	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYPUMP
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 SH'BAM	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 SH'BAM
8:00	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS SH'BAM	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 SH'BAM	9:00 ~ 9:30 GRIT CARDIO	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 GRIT STRENGTH	9:00 ~ 9:30 LES MILLS CORE
10:00	10:00 ~ 11:00 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS SH'BAM	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS SH'BAM	10:00 ~ 11:00 LES MILLS BODYCOMBAT
11:00		★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	11:00 ~ 11:30 LES MILLS BODYPUMP	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (和田 美也子)	11:00 ~ 11:30 LES MILLS BODYCOMBAT	11:00 ~ 11:30 LES MILLS BODYBALANCE	11:30 ~ 12:30 RUN GEL SUPER FLY (有料)
12:00	11:30 ~ 12:15 LES MILLS BODYPUMP	↑ 10/12休講のため LES MILLS BODYBALANCE	12:00 ~ 12:30 barre	↑ 10/21休講のため LES MILLS BODYBALANCE	12:00 ~ 12:30 LES MILLS SH'BAM	12:00 ~ 12:30 LES MILLS BODYCOMBAT	
13:00	12:45 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:00 LES MILLS CORE	13:00 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:30 LES MILLS BODYPUMP	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 LES MILLS SH'BAM	13:30 ~ 14:30 LES MILLS BODYATTACK	14:00 ~ 14:30 LES MILLS CORE	14:00 ~ 14:30 LES MILLS BODYCOMBAT	14:00 ~ 14:30 LES MILLS BODYPUMP	★ 14:00 ~ 15:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	14:00 ~ 14:30 LES MILLS SH'BAM
15:00	15:00 ~ 15:30 LES MILLS SH'BAM	15:00 ~ 15:30 LES MILLS SH'BAM	15:00 ~ 15:30 LES MILLS BODYBALANCE	15:00 ~ 15:30 LES MILLS CORE	15:00 ~ 15:30 barre		15:00 ~ 16:00 Lewayoga レヴァヨガ (ハンモックヨガ) ※有料 (宮本まさの)
16:00	15:30 ~ 16:00 LES MILLS CORE	16:00 ~ 16:30 GRIT CARDIO	16:00 ~ 16:30 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:30 GRIT ATHLETIC	15:30 ~ 16:15 LES MILLS BODYCOMBAT (山口 OR 田邊) 第1・3・5田邊 第2・4山口	↑ 10/31休講のため LES MILLS BODYBALANCE
17:00	16:30 ~ 17:00 GRIT ATHLETIC	17:00 ~ 18:00 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 SH'BAM	16:30 ~ 17:30 Lewayoga レヴァヨガ (ハンモックヨガ) ※有料 (宮本まさの)
18:00	17:30 ~ 18:00 barre	18:00 ~ 18:45 LES MILLS BODYATTACK	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 BODYCOMBAT
19:00	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:30 ~ 19:00 LES MILLS BODYCOMBAT	19:00 ~ 19:30 LES MILLS SH'BAM	19:00 ~ 19:30 LES MILLS SH'BAM	19:00 ~ 19:30 LES MILLS SH'BAM	19:00 ~ 19:30 LES MILLS CORE	19:00 ~ 19:30 LES MILLS BODYBALANCE
20:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (田邊 or 渡部) 第1・3渡部 第2・4田邊	19:30 ~ 20:15 LES MILLS BODYATTACK (上床 慎太郎)	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	20:00 ~ 21:00 LES MILLS BODYCOMBAT	★ 19:15 ~ 20:15 Hula (フラダンス) (Live/ZOOM併用) (宮本 まさの)	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:30 LES MILLS SH'BAM
21:00	20:45 ~ 21:30 LES MILLS SH'BAM	★ 20:45 ~ 21:45 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	20:45 ~ 21:45 Lewayoga レヴァヨガ (ハンモックヨガ) ※有料 (宮本まさの)	20:45 ~ 21:45 ★ YOGA (ヨガ) (Live/ZOOM併用) (戸神 佐知子)	21:00 ~ 21:30 LES MILLS BODYATTACK	21:00 ~ 21:30 LES MILLS BODYATTACK	21:00 ~ 21:30 LES MILLS BODYATTACK
22:00	22:00 ~ 22:30 LES MILLS BODYPUMP	↑ 10/12休講のため LES MILLS BODYBALANCE	22:00 ~ 22:30 LES MILLS SH'BAM	22:00 ~ 22:30 LES MILLS BODYPUMP	22:15 ~ 23:00 LES MILLS SH'BAM	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYPUMP
23:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	22:30 ~ 23:15 LES MILLS SH'BAM	22:30 ~ 23:15 LES MILLS SH'BAM	23:00 ~ 23:45 LES MILLS SH'BAM	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:00 ~ 23:30 LES MILLS SH'BAM	23:00 ~ 23:30 LES MILLS BODYCOMBAT

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