

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS <b>BODYPUMP</b>	0:00 ~ 0:30 LES MILLS <b>BODYATTACK</b>	0:00 ~ 0:30 LES MILLS <b>BODYCOMBAT</b>	0:00 ~ 0:30 LES MILLS <b>BODYPUMP</b>	0:00 ~ 0:30 LES MILLS <b>BODYATTACK</b>	23:30 ~ 0:30 LES MILLS <b>BODYCOMBAT</b>	0:00 ~ 0:30 LES MILLS <b>BODYATTACK</b>
1:00	1:00 ~ 1:30 LES MILLS <b>BODYBALANCE</b>	1:00 ~ 1:30 LES MILLS <b>BODYCOMBAT</b>	1:00 ~ 1:30 LES MILLS <b>BODYPUMP</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>BODYBALANCE</b>	1:00 ~ 1:30 LES MILLS <b>BODYPUMP</b>	1:00 ~ 1:30 LES MILLS <b>BODYBALANCE</b>
2:00	2:00 ~ 2:30 LES MILLS <b>BODYATTACK</b>	2:00 ~ 2:30 LES MILLS <b>SH'BAM</b>	2:00 ~ 2:30 LES MILLS <b>BODYBALANCE</b>	2:00 ~ 2:30 LES MILLS <b>BODYBALANCE</b>	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</b>	2:00 ~ 2:30 LES MILLS <b>BODYATTACK</b>	2:00 ~ 2:30 LES MILLS <b>BODYPUMP</b>
3:00	3:00 ~ 3:30 LES MILLS <b>BODYCOMBAT</b>	3:00 ~ 3:30 LES MILLS <b>BODYPUMP</b>	3:00 ~ 3:30 LES MILLS <b>BODYATTACK</b>	3:00 ~ 3:30 LES MILLS <b>BODYCOMBAT</b>	3:00 ~ 3:30 LES MILLS <b>SH'BAM</b>	3:00 ~ 3:30 LES MILLS <b>BODYBALANCE</b>	3:00 ~ 3:30 LES MILLS <b>BODYCOMBAT</b>
4:00	4:00 ~ 4:30 LES MILLS <b>SH'BAM</b>	4:00 ~ 4:30 LES MILLS <b>BODYBALANCE</b>	4:00 ~ 4:30 LES MILLS <b>SH'BAM</b>	4:00 ~ 4:30 LES MILLS <b>SH'BAM</b>	4:00 ~ 4:30 LES MILLS <b>BODYPUMP</b>	4:00 ~ 4:30 LES MILLS <b>SH'BAM</b>	4:00 ~ 4:30 LES MILLS <b>SH'BAM</b>
5:00	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>BODYATTACK</b>	5:00 ~ 5:30 LES MILLS <b>BODYCOMBAT</b>	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>BODYATTACK</b>	5:00 ~ 5:30 LES MILLS <b>BODYCOMBAT</b>	5:00 ~ 5:30 LES MILLS <b>BODYATTACK</b>
6:00	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>	6:00 ~ 6:30 LES MILLS <b>BODYCOMBAT</b>	6:00 ~ 6:30 LES MILLS <b>BODYPUMP</b>	6:00 ~ 6:30 LES MILLS <b>BODYATTACK</b>	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>	6:00 ~ 6:30 LES MILLS <b>BODYPUMP</b>	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>
7:00	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:45 LES MILLS <b>BODYBALANCE</b>	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:30 LES MILLS <b>BODYBALANCE</b>	7:00 ~ 7:30 LES MILLS <b>BODYCOMBAT</b>	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:30 LES MILLS <b>SH'BAM</b>
8:00	8:00 ~ 8:30 LES MILLS <b>BODYCOMBAT</b>	8:00 ~ 8:30 LES MILLS <b>BODYATTACK</b>	8:00 ~ 8:45 LES MILLS <b>BODYBALANCE</b>	8:00 ~ 8:30 LES MILLS <b>BODYCOMBAT</b>	8:00 ~ 8:30 LES MILLS <b>SH'BAM</b>	8:00 ~ 8:30 LES MILLS <b>BODYBALANCE</b>	8:00 ~ 8:45 LES MILLS <b>BODYBALANCE</b>
9:00	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:00 ~ 9:30 LES MILLS <b>BODYCOMBAT</b>	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:00 ~ 9:30 LES MILLS <b>BODYPUMP</b>	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:00 ~ 9:30 LES MILLS <b>BODYPUMP</b>
10:00	10:00 ~ 11:00 LES MILLS <b>BODYPUMP</b>	10:00 ~ 10:30 LES MILLS <b>SH'BAM</b>	10:00 ~ 10:30 LES MILLS <b>BODYCOMBAT</b>	10:00 ~ 10:30 LES MILLS <b>BODYPUMP</b>	10:00 ~ 10:30 LES MILLS <b>BODYATTACK</b>	10:00 ~ 10:30 LES MILLS <b>BODYCOMBAT</b>	10:00 ~ 11:00 LES MILLS <b>BODYCOMBAT</b>
11:00		★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	11:00 ~ 11:30 LES MILLS <b>SH'BAM</b>	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (和田 美也子)	11:00 ~ 11:30 LES MILLS <b>BODYBALANCE</b>	11:00 ~ 11:30 LES MILLS <b>BODYPUMP</b>	11:30 ~ 12:30 BUN GEE SUPER FLY (有料)
12:00	11:30 ~ 12:15 LES MILLS <b>BODYBALANCE</b>		12:00 ~ 12:30 LES MILLS <b>BODYPUMP</b>	↑ 12/30休講のため LES MILLS <b>BODYBALANCE</b>	12:00 ~ 12:30 LES MILLS <b>BODYCOMBAT</b>	12:00 ~ 12:30 LES MILLS <b>BODYATTACK</b>	↑ 1/2休講のため LES MILLS <b>BODYPUMP</b>
13:00	12:45 ~ 13:30 LES MILLS <b>BODYATTACK</b>	12:30 ~ 13:15 LES MILLS <b>BODYPUMP</b>	13:00 ~ 13:30 LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYCOMBAT</b>	13:00 ~ 13:30 LES MILLS <b>SH'BAM</b>	13:00 ~ 13:30 LES MILLS <b>SH'BAM</b>	13:00 ~ 13:30 LES MILLS <b>BODYATTACK</b>
14:00	14:00 ~ 14:45 LES MILLS <b>BODYCOMBAT</b>	13:45 ~ 14:30 LES MILLS <b>SH'BAM</b>	14:00 ~ 14:30 LES MILLS <b>BODYBALANCE</b>	14:00 ~ 14:30 LES MILLS <b>SH'BAM</b>	14:00 ~ 14:30 LES MILLS <b>BODYPUMP</b>	★ 14:00 ~ 15:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	14:00 ~ 14:30 LES MILLS <b>SH'BAM</b>
15:00		15:00 ~ 15:30 LES MILLS <b>BODYATTACK</b>	15:00 ~ 15:30 LES MILLS <b>BODYCOMBAT</b>	15:00 ~ 15:30 LES MILLS <b>BODYATTACK</b>	15:00 ~ 15:30 LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYCOMBAT</b> ↓ 1/1休講のため 15:30 ~ 16:15 LES MILLS <b>BODYCOMBAT</b> (山口 OR 田邊) 第1・3田邊 第2・4山口	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 <b>SH'BAM</b>	16:00 ~ 16:30 LES MILLS <b>BODYCOMBAT</b>	16:00 ~ 16:30 LES MILLS <b>SH'BAM</b>	16:00 ~ 16:30 LES MILLS <b>BODYPUMP</b>	16:00 ~ 16:30 LES MILLS <b>BODYBALANCE</b>		↑ 12/19・1/2休講のため LES MILLS <b>BODYBALANCE</b>
17:00	16:30 ~ 17:00 LES MILLS <b>BODYPUMP</b>	17:00 ~ 18:00 LES MILLS <b>BODYPUMP</b>	17:00 ~ 17:30 LES MILLS <b>BODYPUMP</b>	17:00 ~ 17:30 LES MILLS <b>BODYBALANCE</b>	17:00 ~ 17:30 LES MILLS <b>BODYCOMBAT</b>	16:45 ~ 17:30 LES MILLS <b>SH'BAM</b>	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 LES MILLS <b>BODYBALANCE</b>		18:00 ~ 18:45 LES MILLS <b>BODYATTACK</b>	18:00 ~ 18:30 LES MILLS <b>BODYCOMBAT</b>	18:00 ~ 18:45 LES MILLS <b>BODYATTACK</b>	18:00 ~ 18:30 LES MILLS <b>BODYATTACK</b>	↑ 12/19・1/2休講のため LES MILLS <b>BODYATTACK</b>
19:00	18:30 ~ 19:00 LES MILLS <b>BODYATTACK</b>	18:30 ~ 19:00 LES MILLS <b>BODYBALANCE</b>		19:00 ~ 19:45 LES MILLS <b>SH'BAM</b>		19:00 ~ 19:30 LES MILLS <b>BODYBALANCE</b>	18:00 ~ 18:30 LES MILLS <b>BODYCOMBAT</b>
20:00	19:30 ~ 20:15 LES MILLS <b>BODYCOMBAT</b> (田邊 OR 渡部) 第1・3田邊 第2・4渡部	19:30 ~ 20:15 LES MILLS <b>BODYATTACK</b> (上床 慎太郎)	19:30 ~ 20:15 LES MILLS <b>BODYCOMBAT</b> (山口 奈穂)		★ 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 <b>BODYBALANCE</b>
21:00	20:45 ~ 21:30 LES MILLS <b>SH'BAM</b>	★ 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)	20:15 ~ 21:00 LES MILLS <b>BODYCOMBAT</b>	↑ 12/31休講のため LES MILLS <b>BODYPUMP</b>	20:00 ~ 21:00 LES MILLS <b>BODYPUMP</b>	20:00 ~ 20:30 LES MILLS <b>SH'BAM</b>
22:00	22:00 ~ 22:30 LES MILLS <b>BODYPUMP</b>		↑ 12/29休講のため LES MILLS <b>BODYBALANCE</b>	21:30 ~ 22:30 LES MILLS <b>BODYPUMP</b>	★ 20:45 ~ 21:45 YOGA (ヨガ) (Live/ZOOM併用) (戸神 佐知子)	21:30 ~ 22:30 LES MILLS <b>BODYCOMBAT</b>	21:00 ~ 21:30 LES MILLS <b>BODYATTACK</b>
23:00	23:00 ~ 23:30 LES MILLS <b>BODYBALANCE</b>	22:30 ~ 23:15 LES MILLS <b>SH'BAM</b>	22:30 ~ 23:15 LES MILLS <b>SH'BAM</b>	23:00 ~ 23:45 LES MILLS <b>SH'BAM</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	23:00 ~ 23:30 LES MILLS <b>SH'BAM</b>	22:00 ~ 22:30 LES MILLS <b>BODYPUMP</b>
					23:30 ~ 0:30 LES MILLS <b>BODYCOMBAT</b>		23:00 ~ 23:30 LES MILLS <b>BODYCOMBAT</b>

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