

	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>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	0:00 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	0:00 ~ 0:30 LES MILLS <b>BODYBALANCE</b>
1:00	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>BODYPUMP</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>BODYCOMBAT</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</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>BODYCOMBAT</b>	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</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>BODYBALANCE</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>BODYPUMP</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>BODYCOMBAT</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>	
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>	9:15 ~ 10:00 LES MILLS <b>BODYPUMP</b>
11:00		★ 11:00 ~ 12:00 優しいヨガ Live/ZOOM併用 (SAKI)	11:00 ~ 11:30 バランスボールエクササイズ (水瀬)	★ 11:00 ~ 12:00 体ほぐしヨガ Live/ZOOM併用 (和田 美也子)	NEW 11:00 ~ 12:00 簡単エアロ (円山 可奈子)	11:00 ~ 11:30 LES MILLS <b>BODYPUMP</b>	10:30 ~ 11:30 LES MILLS <b>BODYCOMBAT</b>
12:00	11:30 ~ 12:15 LES MILLS <b>BODYBALANCE</b>		12:00 ~ 12:30 LES MILLS <b>BODYPUMP</b>		12:00 ~ 12:30 LES MILLS <b>BODYCOMBAT</b>	12:00 ~ 12:30 LES MILLS <b>BODYATTACK</b>	12:00 ~ 13:00 BURN GET SUPER FLY (有料)
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>	12:30 ~ 13:30 LES MILLS <b>BODYCOMBAT</b>	12:30 ~ 13:15 LES MILLS <b>BODYCOMBAT</b>	13:00 ~ 13:30 LES MILLS <b>SH'BAM</b>	15日・12日休講
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>	13:45 ~ 14:30 LES MILLS <b>SH'BAM</b>	★ 14:00 ~ 15:00 リセットヨガ Live/ZOOM併用 (SAKI)	★ 13:30 ~ 14:30 Hula(フラダンス) (Live/ZOOM併用) (宮本 まさの)
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>		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>	15:30 ~ 16:15 LES MILLS <b>BODYCOMBAT</b> (田邊) ↑第1・第3週 田邊 第2・第4週 山口	
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 ~ 17:45 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>	18:15 ~ 19:00 LES MILLS <b>BODYATTACK</b>	18:00 ~ 18:30 LES MILLS <b>BODYATTACK</b>	18:00 ~ 18:30 LES MILLS <b>BODYCOMBAT</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>	19:00 ~ 19:30 LES MILLS <b>BODYBALANCE</b>
20:00	19:30 ~ 20:15 LES MILLS <b>BODYCOMBAT</b>	19:30 ~ 20:15 LES MILLS <b>BODYATTACK</b> (上床 慎太郎)	19:30 ~ 20:15 LES MILLS <b>BODYCOMBAT</b> (田邊)		19:30 ~ 20:15 LES MILLS <b>BODYPUMP</b>	20:00 ~ 21:00 LES MILLS <b>BODYPUMP</b>	20:00 ~ 20:30 LES MILLS <b>SH'BAM</b>
21:00	20:45 ~ 21:30 LES MILLS <b>SH'BAM</b>	★ 20:45 ~ 21:45 リフレッシュヨガ 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>	★ 20:45 ~ 21:45 パワーヨガ Live/ZOOM併用 (戸神 佐知子)		21:00 ~ 21:30 LES MILLS <b>BODYATTACK</b>
22:00	22:00 ~ 22:30 LES MILLS <b>BODYBALANCE</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	21:30 ~ 22:30 LES MILLS <b>BODYPUMP</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	21:30 ~ 22:30 LES MILLS <b>BODYCOMBAT</b>	22:00 ~ 22:30 LES MILLS <b>BODYPUMP</b>
23:00	23:00 ~ 23:30 LES MILLS <b>BODYCOMBAT</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:00 ~ 23:45 LES MILLS <b>SH'BAM</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:00 ~ 23:30 LES MILLS <b>SH'BAM</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