

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 barre	0:00 ~ 0:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE	0:00 ~ 0:30 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYBALANCE	0:00 ~ 0:30 barre
1:00	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 barre	1:00 ~ 1:30 LES MILLS CORE	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 GRIT STRENGTH	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 barre	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 barre	2:00 ~ 2:30 LES MILLS BODYBALANCE
3:00	3:00 ~ 3:30 GRIT ATHLETIC	3:00 ~ 3:30 LES MILLS BODYBALANCE	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 GRIT ATHLETIC	3:00 ~ 3:30 LES MILLS BODYCOMBAT	3:00 ~ 3:30 LES MILLS BODYPUMP
4:00	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 barre	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS SH'BAM
5:00	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 barre	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS SH'BAM	5:00 ~ 5:30 LES MILLS CORE	5:00 ~ 5:30 LES MILLS BODYATTACK
6:00	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 GRIT STRENGTH	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYPUMP	6:00 ~ 6:30 LES MILLS BODYCOMBAT
7:00	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYPUMP	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS SH'BAM
8:00	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS BODYPUMP	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 LES MILLS CORE	9:00 ~ 9:30 GRIT ATHLETIC	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS CORE	9:00 ~ 9:30 LES MILLS SH'BAM	9:15 ~ 10:00 LES MILLS CORE
10:00	10:00 ~ 11:00 LES MILLS BODYPUMP	10:00 ~ 10:30 barre	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 GRIT CARDIO	10:00 ~ 10:30 GRIT ATHLETIC	10:30 ~ 11:30 LES MILLS BODYCOMBAT
11:00	11:30 ~ 12:15 LES MILLS BODYBALANCE	★ 11:00 ~ 12:00 モーニングヨガ Live/ZOOM併用 (EMIKO)	11:00 ~ 11:30 LES MILLS CORE	★ 11:00 ~ 12:00 体ほぐしヨガ Live/ZOOM併用 (和田 美也子)	11:00 ~ 12:00 簡単エアロ (円山 可奈子)	11:00 ~ 11:30 barre	12:00 ~ 12:45 LES MILLS SH'BAM
12:00	12:45 ~ 13:30 LES MILLS SH'BAM	12:30 ~ 13:15 LES MILLS CORE	12:00 ~ 12:30 LES MILLS CORE	12:30 ~ 13:30 LES MILLS BODYCOMBAT	30日休講の為、 virtual BODYATTACKに変更	12:00 ~ 12:45 LES MILLS BODYATTACK	12:00 ~ 12:45 LES MILLS SH'BAM
13:00	13:45 ~ 14:30 LES MILLS SH'BAM	13:45 ~ 14:30 LES MILLS SH'BAM	13:00 ~ 13:30 barre	13:45 ~ 14:30 LES MILLS SH'BAM	13:45 ~ 14:30 LES MILLS SH'BAM	13:15 ~ 14:00 LES MILLS BODYBALANCE	★ 13:30 ~ 14:30 Hula(フラダンス) (Live/ZOOM併用) (宮本 まさの)
14:00	14:00 ~ 14:45 LES MILLS BODYCOMBAT	14:30 ~ 15:00 LES MILLS BODYATTACK	14:00 ~ 14:30 LES MILLS BODYBALANCE	14:00 ~ 14:30 LES MILLS SH'BAM	14:30 ~ 15:00 体幹エクササイズ (staf)	14:30 ~ 15:00 体幹エクササイズ (staf)	25日休講の為 virtual SH'BAM
15:00	15:30 ~ 16:00 LES MILLS GRIT CARDIO	15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS BODYCOMBAT	15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 barre	31日休講の為 virtual COREIに変更	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	16:30 ~ 17:00 barre	16:00 ~ 16:30 LES MILLS BODYPUMP	16:00 ~ 16:30 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS BODYPUMP	16:00 ~ 16:30 LES MILLS BODYBALANCE	15:30 ~ 16:15 LES MILLS BODYCOMBAT LES MILLS SH'BAM (バーチャル) (吉田)	25日休講の為 virtual BODYPUMP
17:00	17:30 ~ 18:00 LES MILLS BODYATTACK	17:00 ~ 18:00 LES MILLS BODYCOMBAT	17:00 ~ 17:30 LES MILLS BODYATTACK	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:45 LES MILLS BODYCOMBAT	16:45 ~ 17:30 LES MILLS SH'BAM LES MILLS BODYCOMBAT	Lewayogaレヴァヨガ (ハンモックヨガ)※有料 (宮本まさの)
18:00	18:30 ~ 19:00 LES MILLS CORE	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:00 ~ 19:00 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 (宮本まさの)	18:00 ~ 18:30 LES MILLS CORE	18:15 ~ 19:00 LES MILLS BODYATTACK	18:00 ~ 18:30 LES MILLS CORE	25日休講の為 virtual BODYBALANCE
19:00	19:30 ~ 20:15 LES MILLS SH'BAM (吉田 蒼菜)	19:30 ~ 20:15 LES MILLS BODYATTACK (上床 慎太郎)	19:30 ~ 20:15 LES MILLS BODYCOMBAT	19:00 ~ 19:45 LES MILLS SH'BAM	19:30 ~ 20:15 LES MILLS BODYPUMP (大腹 空諒)	19:00 ~ 19:30 GRIT CARDIO	19:00 ~ 19:30 LES MILLS BODYBALANCE
20:00	20:45 ~ 21:30 LES MILLS BODYCOMBAT	★ 20:45 ~ 21:45 パワーヨガ Live/ZOOM併用 (戸神 佐知子)	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 BODYCOMBAT	★ 20:45 ~ 21:45 ストレッチフロウヨガ Live/ZOOM併用 (阿部 広子)	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:30 LES MILLS SH'BAM
21:00	22:00 ~ 22:30 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS SH'BAM	22:15 ~ 23:00 LES MILLS SH'BAM	21:30 ~ 22:30 LES MILLS BODYPUMP	30日休講の為 virtual BODYBALANCE に変更	21:30 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYPUMP
22:00	23:00 ~ 23:30 LES MILLS GRIT STRENGTH	23:30 ~ 0:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS SH'BAM	23:30 ~ 0:30 LES MILLS BODYBALANCE	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
 * 12月24日(土) ☆クリスマスイベント★ 14時15分~体幹エクササイズ、15時00分~SH'BAM、15時50分~プレゼント交換、16時~BODYATTACK
 * 12月30日(金)~1月3日(火)はノースタッフデーのため、LIVEレッスンは全て休講となり、バーチャルレッスンに変更になります