



# LeXy Fit 松阪 STUDIO Program

2023年1月

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS BODYCOMBAT	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 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 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 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 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	レッスン変更 8:00 ~ 8:30 barre	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 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 CORE	9:00 ~ 9:30 LES MILLS SH'BAM	9:15 ~ 10:00 CORE
10:00	レッスン変更 10:00 ~ 10:45 LES MILLS BODYCOMBAT	10:00 ~ 10:30 barre	10:00 ~ 10:30 LES MILLS BODYCOMBAT	レッスン変更 10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 GRIT   CARDIO	10:00 ~ 10:30 GRIT   ATHLETIC	10:30 ~ 11:30 LES MILLS BODYCOMBAT
11:00	レッスン変更 11:15 ~ 12:15 LES MILLS BODYBALANCE	★ 11:00 ~ 12:00 モーニングヨガ Live/ZOOM併用 (EMIKO) 3日、24日休講の為 virtual BODYBLANCE	11:00 ~ 11:30 バランスボールエクササイズ (水瀧)	★ 11:00 ~ 12:00 体ほぐしヨガ Live/ZOOM併用 (MIYAKO)	11:00 ~ 12:00 簡単エアロ (円山 可奈子)	11:00 ~ 11:30 barre	8日休講
12:00	12:00 ~ 12:45 LES MILLS BODYATTACK	12:30 ~ 13:15 CORE	12:00 ~ 12:30 CORE	12:30 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYCOMBAT	12:00 ~ 12:45 LES MILLS BODYATTACK	12:00 ~ 12:45 LES MILLS SH'BAM
13:00	12:45 ~ 13:30 LES MILLS SH'BAM	13:45 ~ 14:30 LES MILLS SH'BAM	13:00 ~ 13:30 barre	14:00 ~ 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	15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS BODYCOMBAT	レッスン変更 15:00 ~ 15:30 barre	15:00 ~ 15:30 barre	14:30 ~ 15:00 体幹エクササイズ (staff)	1日休講の為 virtual SH'BAM
15:00	15:30 ~ 16:00 GRIT   CARDIO	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 CORE	15:30 ~ 16:15 LES MILLS BODYCOMBAT SH'BAM (近澤) (吉田) 14日、28日...COMBAT 7日、21日...SH'BAM	Lewayogaレヴァヨガ (ハンモックヨガ)※有料 (宮本まさの) 1日休講の為 virtual BODYPUMP
16:00	16:30 ~ 17:00 barre	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 14日、28日...SH'BAM 7日、21日...COMBAT	Lewayogaレヴァヨガ (ハンモックヨガ)※有料 (宮本まさの) 1日休講の為 virtual BODYBLANCE
17:00	17:30 ~ 18:00 LES MILLS BODYATTACK	18:00 ~ 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 CORE	18:15 ~ 19:00 LES MILLS BODYATTACK	18:00 ~ 18:30 CORE	18:00 ~ 19:30 GRIT   ATHLETIC
18:00	18:30 ~ 19:00 CORE	19:30 ~ 20:15 LES MILLS SH'BAM (吉田 蒼菜) 2日休講の為 virtual SH'BAM	19:30 ~ 20:15 LES MILLS BODYATTACK (上床) (山口) 3日休講の為virtualBODYCOMBAT 10日...BODYATTCK 17日、24日、31日...COMBAT	19:00 ~ 19:45 LES MILLS SH'BAM	19:30 ~ 20:15 LES MILLS BODYPUMP (大腹 空詠)	19:00 ~ 19:30 GRIT   CARDIO	19:00 ~ 19:30 LES MILLS BODYBALANCE
19:00	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) 3日休講の為 virtual BODYBLANCE	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
20:00	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	22:15 ~ 23:00 LES MILLS SH'BAM	21:30 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYPUMP
21:00	23:00 ~ 23:30 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 barre

\* 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