

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	WS	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	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 BODYPUMP	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 CORE	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 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 SH'BAM	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 ~ 9:45 CORE	9:00 ~ 9:30 LES MILLS SH'BAM	9:15 ~ 10:00 CORE
10:00	10:00 ~ 10:45 LES MILLS BODYCOMBAT	10:00 ~ 10:30 barre	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYATTACK		10:00 ~ 10:30 GRIT   ATHLETIC	10:30 ~ 11:30 LES MILLS BODYCOMBAT
11:00	11:00 ~ 11:15 LES MILLS BODYBALANCE	★ 11:00 ~ 12:00 モーニングヨガ Live/ZOOM併用 (EMIKO)	11:00 ~ 11:45 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)	10:30 ~ 11:00 はじめてエアロ (円山 可奈子)	11:00 ~ 11:30 barre	11:30 ~ 12:45 LES MILLS SH'BAM
12:00	12:00 ~ 12:45 LES MILLS BODYATTACK	12:30 ~ 13:15 CORE	12:15 ~ 13:00 CORE	12:30 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYBALANCE	12:00 ~ 12:45 LES MILLS BODYATTACK	12:00 ~ 13:00 BULL GEE SUPER FLY LES MILLS SH'BAM
13:00	12:45 ~ 13:30 LES MILLS SH'BAM	13:45 ~ 14:30 LES MILLS SH'BAM	13:30 ~ 14:00 barre	14:00 ~ 14:30 LES MILLS SH'BAM	13:45 ~ 14:30 LES MILLS SH'BAM	13:15 ~ 14:00 LES MILLS BODYBALANCE	↑ 11日, 25日 BUNGEE 4日, 18日 SH'BAM
14:00	14:00 ~ 14:45 LES MILLS BODYCOMBAT	15:00 ~ 15:30 LES MILLS BODYATTACK	14:30 ~ 15:30 LES MILLS BODYCOMBAT	15:00 ~ 15:30 barre	15:00 ~ 15:30 barre	14:30 ~ 15:00 体幹エクササイズ (staff)	13:30 ~ 14:30 Hula(フラダンス) (宮本 まさの)
15:00	15:15 ~ 15:45 GRIT   CARDIO	16:00 ~ 17:00 LES MILLS BODYCOMBAT	16:00 ~ 18:30 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS BODYATTACK	15:30 ~ 16:15 LES MILLS BODYCOMBAT SH'BAM (山口) (吉田)	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	16:15 ~ 17:00 LES MILLS BODYATTACK	17:00 ~ 17:30 LES MILLS BODYPUMP	17:00 ~ 17:30 LES MILLS BODYPUMP	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	16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 (宮本まさの)
17:00	17:30 ~ 18:00 barre	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 CORE	↑ 10日, 24日...SH'BAM 3日, 17日...COMBAT	18:00 ~ 18:30 GRIT   ATHLETIC
18:00	18:30 ~ 19:00 CORE	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本 拓実)	19:00 ~ 19:45 LES MILLS SH'BAM	19:30 ~ 20:15 LES MILLS BODYPUMP (大腹 空詠)	18:00 ~ 18:30 CORE	19:00 ~ 19:30 barre
19:00	19:30 ~ 20:15 LES MILLS SH'BAM (吉田 蒼葉)	★ 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 BODYATTACK	★ 20:45 ~ 21:45 ストレッチフロウヨガ Live/ZOOM併用 (阿部 広子)	19:00 ~ 19:30 GRIT   CARDIO	19:00 ~ 19:30 barre
20:00	20:45 ~ 21:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS SH'BAM	21:30 ~ 22:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS SH'BAM	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:45 LES MILLS SH'BAM
21:00	22:00 ~ 22:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 GRIT   STRENGTH	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS SH'BAM	23:00 ~ 23:30 LES MILLS SH'BAM	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:15 ~ 22:00 LES MILLS BODYATTACK
22:00	23:00 ~ 23:30 GRIT   STRENGTH	23:30 ~ 0:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS SH'BAM	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS SH'BAM	22:30 ~ 23:30 LES MILLS BODYPUMP

\* 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