



# LeXy Fit 松阪 STUDIO Program

2024年4月

	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	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 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 ~ 8:45 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	9:15 ~ 10:00 CORE	9:00 ~ 9:30 LES MILLS SH'BAM	9:15 ~ 10:00 CORE
10:00	10:00 ~ 10:30 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	
11:00	11:00 ~ 12:00 Hula (ヒロミ)	11:00 ~ 12:00 モーニングヨガ (CHIAKI)	11:00 ~ 11:45 バランスボールエクササイズ (水瀬) ↑3日休講のため virtual BODYATTACKに変更	11:00 ~ 12:00 体ほぐしヨガ (MIYAKO)	10:30 ~ 11:00 はじめてエアロ (円山 可奈子) 11:15 ~ 12:00 楽しくエアロ (円山 可奈子)	11:00 ~ 11:30 barre	10:30 ~ 11:30 LES MILLS BODYCOMBAT
12:00			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 FUNKY SUPER SET ↑14日,21日BUNGEE 7日,28日 SH'BAM
13:00	12:30 ~ 13:15 LES MILLS SH'BAM	12:30 ~ 13:15 CORE	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	13:30 ~ 14:30 LES MILLS BODYBALANCE
14:00	13:45 ~ 14:45 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS SH'BAM	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 (stef) ↑20日休講のため virtual COREに変更	15:00 ~ 16:00 Lewayogaレヴァヨガ (ハンモックヨガ)※有料
15:00	15:15 ~ 15:45 GRIT   CARDIO	15:00 ~ 15:30 LES MILLS BODYATTACK				15:30 ~ 16:15 LES MILLS BODYCOMBAT DANCE (山口) (吉田) ↑6日,20日...COMBAT 13日,27日...DANCE	
16:00	16:15 ~ 17:00 LES MILLS BODYATTACK	16:00 ~ 17:00 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS BODYATTACK	16:45 ~ 17:30 LES MILLS SH'BAM LES MILLS BODYCOMBAT ↑6日,20日...SH'BAM 13日,27日...COMBAT	定員:4名 ↑21日休講のため virtual BODYCOMBATに変更
17:00			17:00 ~ 17:30 LES MILLS BODYPUMP	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:45 LES MILLS BODYCOMBAT		16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料
18:00	17:30 ~ 18:00 barre	17:30 ~ 18:00 LES MILLS BODYPUMP	18:00 ~ 19:00 LES MILLS BODYBALANCE	18:00 ~ 18:30 LES MILLS BODYATTACK	18:15 ~ 19:00 CORE	18:00 ~ 18:30 CORE	18:00 ~ 18:30 GRIT   ATHLETIC
19:00	18:30 ~ 19:00 CORE	18:30 ~ 19:00 CORE		19:00 ~ 19:45 LES MILLS SH'BAM		19:00 ~ 19:30 GRIT   CARDIO	19:00 ~ 19:30 barre
20:00	19:30 ~ 20:15 DANCE (吉田 蒼葉) ↑29日休講のため virtual SH'BAMに変更	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本 拓実)	20:15 ~ 21:00 CORE	19:30 ~ 20:15 LES MILLS BODYPUMP	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:45 LES MILLS SH'BAM
21:00	20:45 ~ 21:30 LES MILLS BODYCOMBAT	20:45 ~ 21:45 パワーヨガ (戸神 佐知子)	20:45 ~ 21:45 Lewayogaレヴァヨガ (ハンモックヨガ)※有料	21:30 ~ 22:30 LES MILLS BODYCOMBAT	20:45 ~ 21:45 ダイナミックフローヨガ (Ellie)		21:15 ~ 22:00 LES MILLS BODYATTACK
22:00	22:00 ~ 22:30 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS SH'BAM	22:15 ~ 23:00 LES MILLS SH'BAM		22:15 ~ 23:00 LES MILLS SH'BAM	21:30 ~ 22:30 LES MILLS BODYCOMBAT	
23:00	23:00 ~ 23:30 GRIT   STRENGTH			23:00 ~ 23:30 LES MILLS SH'BAM		23:00 ~ 23:30 LES MILLS SH'BAM	22:30 ~ 23:30 LES MILLS BODYPUMP
		23:30 ~ 0:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE		23:30 ~ 0:30 LES MILLS BODYBALANCE		

\* 黒塗りはインストラクターによるLIVEレッスンです。

☆Lewayoga(ハンモックヨガ)、~4月末までインストラクター変更によるキャンペーン開催!(会員:初回550円、ビジター初回1,100円)