



LeXy Fit 松阪 STUDIO Program

2024年7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 LES MILLS barre |
| 1:00 | 1:00 ~ 1:30 LES MILLS BODYATTACK | 1:00 ~ 1:30 LES MILLS 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 LES MILLS GRIT STRENGTH | 1:00 ~ 1:30 LES MILLS BODYATTACK |
| 2:00 | 2:00 ~ 2:30 LES MILLS CORE | 2:00 ~ 2:30 LES MILLS DANCE | 2:00 ~ 2:30 LES MILLS BODYCOMBAT | 2:00 ~ 2:30 LES MILLS barre | 2:00 ~ 2:30 LES MILLS BODYCOMBAT | 2:00 ~ 2:30 LES MILLS barre | 2:00 ~ 2:30 LES MILLS BODYBALANCE |
| 3:00 | 3:00 ~ 3:30 LES MILLS GRIT ATHLETIC | 3:00 ~ 3:30 LES MILLS BODYBALANCE | 3:00 ~ 3:30 LES MILLS BODYATTACK | 3:00 ~ 3:30 LES MILLS GRIT CARDIO | 3:00 ~ 3:30 LES MILLS GRIT ATHLETIC | 3:00 ~ 3:30 LES MILLS BODYCOMBAT | 3:00 ~ 3:30 LES MILLS BODYPUMP |
| 4:00 | 4:00 ~ 4:30 LES MILLS DANCE | 4:00 ~ 4:30 LES MILLS CORE | 4:00 ~ 4:30 LES MILLS SH'BAM | 4:00 ~ 4:30 LES MILLS DANCE | 4:00 ~ 4:30 LES MILLS barre | 4:00 ~ 4:30 LES MILLS BODYPUMP | 4:00 ~ 4:30 LES MILLS DANCE |
| 5:00 | 5:00 ~ 5:30 LES MILLS BODYPUMP | 5:00 ~ 5:30 LES MILLS BODYATTACK | 5:00 ~ 5:30 LES MILLS barre | 5:00 ~ 5:30 LES MILLS BODYPUMP | 5:00 ~ 5:30 LES MILLS BODYPUMP | 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 LES MILLS GRIT STRENGTH | 6:00 ~ 6:30 LES MILLS CORE | 6:00 ~ 6:30 LES MILLS BODYBALANCE | 6:00 ~ 6:30 LES MILLS DANCE | 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 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 LES MILLS CORE | 9:00 ~ 9:30 LES MILLS GRIT ATHLETIC | 9:00 ~ 9:30 LES MILLS DANCE | 9:00 ~ 9:30 LES MILLS SH'BAM | 9:15 ~ 10:00 LES MILLS CORE | 9:00 ~ 9:30 LES MILLS SH'BAM | 9:15 ~ 10:00 LES MILLS CORE |
| 10:00 | 10:00 ~ 10:30 LES MILLS BODYCOMBAT | 10:00 ~ 10:30 LES MILLS barre | 10:00 ~ 10:30 LES MILLS BODYCOMBAT | 10:00 ~ 10:30 LES MILLS BODYATTACK | | 10:00 ~ 10:30 LES MILLS 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) | 11:00 ~ 12:00 体ほぐしヨガ (MIYAKO) | 11:15 ~ 12:00 楽しくエアロ (円山 可奈子) | 11:00 ~ 11:30 LES MILLS barre | 10:30 ~ 11:30 LES MILLS BODYCOMBAT |
| 12:00 | 12:30 ~ 13:15 LES MILLS SH'BAM | 12:30 ~ 13:15 LES MILLS CORE | 12:15 ~ 13:00 LES MILLS 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 12:00 ~ 12:45 HULA GET SUPER FLY LES MILLS SH'BAM |
| 13:00 | 13:45 ~ 14:45 LES MILLS BODYCOMBAT | 13:45 ~ 14:30 LES MILLS DANCE | 13:30 ~ 14:00 LES MILLS 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 |
| 15:00 | 15:15 ~ 15:45 LES MILLS GRIT CARDIO | 15:00 ~ 15:30 LES MILLS BODYATTACK | 14:30 ~ 15:30 LES MILLS BODYCOMBAT | 15:00 ~ 15:30 LES MILLS barre | 15:00 ~ 15:30 LES MILLS barre | 14:30 ~ 15:00 16日...休みのため ヴァーチャルCOREに変更 | 15:00 ~ 16:00 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 |
| 16:00 | 16:00 ~ 16:30 LES MILLS BODYBALANCE | 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 | 15:30 ~ 16:15 LES MILLS DANCE (山口) (吉田) | 16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 |
| 17:00 | 17:00 ~ 18:00 KIDS DANCE (HAZUKI) | 17:30 ~ 18:00 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 DANCE LES MILLS BODYCOMBAT | 16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 |
| 18:00 | 18:30 ~ 19:00 LES MILLS CORE | 18:30 ~ 19:00 LES MILLS CORE | 18:00 ~ 19:00 LES MILLS BODYBALANCE | 18:00 ~ 18:30 LES MILLS BODYATTACK | 18:15 ~ 19:00 LES MILLS CORE | 18:00 ~ 18:30 LES MILLS CORE | 18:00 ~ 18:30 LES MILLS GRIT ATHLETIC |
| 19:00 | 19:30 ~ 20:15 はじめての STYLE JAZZ (HAZUKI) | 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 DANCE | 19:30 ~ 20:15 LES MILLS DANCE (吉田 蒼葉) | 19:00 ~ 19:30 LES MILLS GRIT CARDIO | 19:00 ~ 19:30 LES MILLS barre |
| 20:00 | 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 | 20:15 ~ 21:00 LES MILLS CORE | 20:45 ~ 21:45 ダイナミックフローヨガ (Ellie) | 20:00 ~ 21:00 LES MILLS BODYPUMP | 20:00 ~ 20:45 LES MILLS DANCE |
| 21:00 | 22:00 ~ 22:30 LES MILLS BODYBALANCE | 22:15 ~ 23:00 LES MILLS SH'BAM | 22:15 ~ 23:00 LES MILLS DANCE | 21:30 ~ 22:30 LES MILLS BODYCOMBAT | 22:15 ~ 23:00 LES MILLS SH'BAM | 21:30 ~ 22:30 LES MILLS BODYCOMBAT | 21:15 ~ 22:00 LES MILLS BODYATTACK |
| 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 | 22:30 ~ 23:30 LES MILLS BODYPUMP |

* 黒塗りはインストラクターによるLIVEレッスンです。

★KIDS DANCE会員募集中！！(詳細はスタッフまでお問い合わせくださいませ)