

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00							
WS	0:00 ~ 0:30 LES MILLS <b>BODYCOMBAT</b>	0:00 ~ 0:30 LES MILLS <b>BODYPUMP</b>	23:30 ~ 0:30 LES MILLS <b>BODYPUMP</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	0:00 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	0:00 ~ 0:30 barre
1:00	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 barre	1:00 ~ 1:30 LES MILLS <b>CORE</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>GRIT   STRENGTH</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>
2:00	2:00 ~ 2:30 LES MILLS <b>CORE</b>	2:00 ~ 2:30 LES MILLS <b>DANCE</b>	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</b>	2:00 ~ 2:30 barre	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</b>	2:00 ~ 2:30 barre	2:00 ~ 2:30 LES MILLS <b>BODYBALANCE</b>
3:00	3:00 ~ 3:30 LES MILLS <b>GRIT   ATHLETIC</b>	3:00 ~ 3:30 LES MILLS <b>BODYBALANCE</b>	3:00 ~ 3:30 LES MILLS <b>BODYATTACK</b>	3:00 ~ 3:30 LES MILLS <b>GRIT   CARDIO</b>	3:00 ~ 3:30 LES MILLS <b>GRIT   ATHLETIC</b>	3:00 ~ 3:30 LES MILLS <b>BODYCOMBAT</b>	3:00 ~ 3:30 LES MILLS <b>BODYPUMP</b>
4:00	4:00 ~ 4:30 LES MILLS <b>DANCE</b>	4:00 ~ 4:30 LES MILLS <b>CORE</b>	4:00 ~ 4:30 LES MILLS <b>SH'BAM</b>	4:00 ~ 4:30 LES MILLS <b>DANCE</b>	4:00 ~ 4:30 barre	4:00 ~ 4:30 LES MILLS <b>BODYPUMP</b>	4:00 ~ 4:30 LES MILLS <b>DANCE</b>
5:00	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>BODYATTACK</b>	5:00 ~ 5:30 barre	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>CORE</b>	5:00 ~ 5:30 LES MILLS <b>BODYATTACK</b>
6:00	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>	6:00 ~ 6:30 LES MILLS <b>BODYCOMBAT</b>	6:00 ~ 6:30 LES MILLS <b>GRIT   STRENGTH</b>	6:00 ~ 6:30 LES MILLS <b>CORE</b>	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>	6:00 ~ 6:30 LES MILLS <b>DANCE</b>	6:00 ~ 6:30 LES MILLS <b>BODYCOMBAT</b>
7:00	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:30 LES MILLS <b>BODYBALANCE</b>	7:00 ~ 7:30 LES MILLS <b>BODYPUMP</b>	7:00 ~ 7:30 LES MILLS <b>BODYBALANCE</b>	7:00 ~ 7:30 LES MILLS <b>BODYCOMBAT</b>	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:30 LES MILLS <b>SH'BAM</b>
8:00	8:00 ~ 8:30 barre	8:00 ~ 8:30 LES MILLS <b>SH'BAM</b>	8:00 ~ 8:30 LES MILLS <b>BODYBALANCE</b>	8:00 ~ 8:30 LES MILLS <b>BODYCOMBAT</b>	8:00 ~ 8:45 LES MILLS <b>SH'BAM</b>	8:00 ~ 8:30 LES MILLS <b>BODYBALANCE</b>	8:00 ~ 8:45 LES MILLS <b>BODYBALANCE</b>
9:00	9:00 ~ 9:30 LES MILLS <b>CORE</b>	9:00 ~ 9:30 LES MILLS <b>GRIT   ATHLETIC</b>	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:15 ~ 10:00 LES MILLS <b>CORE</b>	9:00 ~ 9:30 LES MILLS <b>SH'BAM</b>	9:15 ~ 10:00 LES MILLS <b>CORE</b>
10:00	10:00 ~ 10:30 LES MILLS <b>BODYCOMBAT</b>	10:00 ~ 10:30 barre	10:00 ~ 10:30 LES MILLS <b>BODYCOMBAT</b>	10:00 ~ 10:30 LES MILLS <b>BODYATTACK</b>	10:30 ~ 11:00 はじめてエアロ (円山 可奈子)	10:00 ~ 10:30 LES MILLS <b>GRIT   ATHLETIC</b>	10:30 ~ 11:30 LES MILLS <b>BODYCOMBAT</b>
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 ~ 11:45 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 barre	12:00 ~ 12:45 LES MILLS <b>BODYATTACK</b>
12:00			12:15 ~ 13:00 LES MILLS <b>CORE</b>	12:00 ~ 12:30 パレトン(MIYAKO)		12:00 ~ 12:45 LES MILLS <b>BODYATTACK</b>	12:00 ~ 13:00 LES MILLS <b>SH'BAM</b>
13:00	12:30 ~ 13:15 LES MILLS <b>SH'BAM</b>	12:30 ~ 13:15 LES MILLS <b>CORE</b>	13:00 ~ 13:30 LES MILLS <b>BODYCOMBAT</b>	13:00 ~ 13:30 LES MILLS <b>BODYCOMBAT</b>	12:30 ~ 13:15 LES MILLS <b>BODYBALANCE</b>	13:15 ~ 14:00 LES MILLS <b>BODYBALANCE</b>	12:00 ~ 13:00 12:00 ~ 12:45 1 29日 BUNGEE 1日, 8日, 15日, 22日, SH'BAM
14:00	13:45 ~ 14:30 LES MILLS <b>BODYCOMBAT</b>	13:45 ~ 14:30 LES MILLS <b>DANCE</b>	13:30 ~ 14:00 barre	14:00 ~ 14:30 LES MILLS <b>SH'BAM</b>	13:45 ~ 14:30 LES MILLS <b>SH'BAM</b>	14:30 ~ 15:00 体幹エクササイズ (staff)	13:30 ~ 14:30 LES MILLS <b>BODYBALANCE</b>
15:00	15:00 ~ 15:30 LES MILLS <b>GRIT   CARDIO</b>	15:00 ~ 15:30 LES MILLS <b>BODYATTACK</b>	14:30 ~ 15:30 LES MILLS <b>BODYCOMBAT</b>	15:00 ~ 15:30 LES MILLS <b>BODYPUMP</b>	15:00 ~ 15:30 barre	15:00 ~ 16:00 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 定員:4名	15:00 ~ 16:00 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 定員:2名
16:00	16:00 ~ 16:30 LES MILLS <b>BODYATTACK</b>	16:00 ~ 17:00 LES MILLS <b>BODYCOMBAT</b>	16:00 ~ 16:30 LES MILLS <b>DANCE</b>	16:00 ~ 16:30 LES MILLS <b>BODYCOMBAT</b>	16:00 ~ 16:30 LES MILLS <b>BODYATTACK</b>	15:30 ~ 16:15 LES MILLS <b>BODYCOMBAT</b> (山口) LES MILLS <b>DANCE</b> (吉田)	16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 定員:2名
17:00	17:00 ~ 18:00 KIDS DANCE (HAZUKI)	17:30 ~ 18:00 LES MILLS <b>BODYPUMP</b>	17:00 ~ 17:30 LES MILLS <b>BODYPUMP</b>	17:00 ~ 17:30 LES MILLS <b>BODYBALANCE</b>	17:00 ~ 17:45 LES MILLS <b>BODYCOMBAT</b>	16:45 ~ 17:30 LES MILLS <b>DANCE</b> LES MILLS <b>BODYCOMBAT</b>	17:00 ~ 18:00 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 定員:2名
18:00	18:00 ~ 18:30 Virtual DANCE45分に変更 レッスン変更	18:00 ~ 18:30 LES MILLS <b>BODYPUMP</b>	18:00 ~ 19:00 LES MILLS <b>BODYBALANCE</b>	18:00 ~ 18:30 barre	18:00 ~ 18:30 LES MILLS <b>CORE</b>	18:00 ~ 18:30 LES MILLS <b>CORE</b>	18:00 ~ 18:30 LES MILLS <b>GRIT   ATHLETIC</b>
19:00	18:30 ~ 19:00 barre	18:30 ~ 19:00 LES MILLS <b>CORE</b>	19:00 ~ 19:45 LES MILLS <b>DANCE</b>	19:00 ~ 19:45 LES MILLS <b>DANCE</b>	19:00 ~ 19:30 LES MILLS <b>GRIT   CARDIO</b>	19:00 ~ 19:30 LES MILLS <b>GRIT   CARDIO</b>	19:00 ~ 19:30 barre
20:00	19:30 ~ 20:30 はじめての STYLE JAZZ (HAZUKI)	19:30 ~ 20:15 LES MILLS <b>BODYCOMBAT</b> (山口 奈穂)	19:30 ~ 20:15 LES MILLS <b>BODYATTACK</b> (橋本 拓実)	19:30 ~ 20:15 LES MILLS <b>DANCE</b> (吉田 蒼葉)	20:00 ~ 21:00 LES MILLS <b>BODYPUMP</b>	20:00 ~ 21:00 LES MILLS <b>BODYPUMP</b>	20:00 ~ 20:45 LES MILLS <b>DANCE</b>
21:00	21:00 ~ 21:30 LES MILLS <b>BODYCOMBAT</b>	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 定員:3名	21:30 ~ 22:30 LES MILLS <b>BODYCOMBAT</b>	20:45 ~ 21:45 ダイナミックフローヨガ (Ellie)	21:30 ~ 22:30 LES MILLS <b>BODYCOMBAT</b>	21:15 ~ 22:00 LES MILLS <b>BODYATTACK</b>
22:00	22:00 ~ 22:30 LES MILLS <b>BODYBALANCE</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	22:15 ~ 23:00 LES MILLS <b>DANCE</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	22:15 ~ 23:00 LES MILLS <b>SH'BAM</b>	22:30 ~ 23:30 LES MILLS <b>BODYPUMP</b>
23:00	23:00 ~ 23:30 LES MILLS <b>GRIT   STRENGTH</b>	23:30 ~ 0:30 LES MILLS <b>BODYPUMP</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>SH'BAM</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>SH'BAM</b>	23:30 ~ 0:30 LES MILLS <b>BODYPUMP</b>

\* 黒塗りはインストラクターによるLIVEレッスンです。