

	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 CORE
1:00	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYBALANCE	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 BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYPUMP	2:00 ~ 2:30 LES MILLS BODYBALANCE
3:00	3:00 ~ 3:30 LES MILLS GRIT   ATHLETIC	3:00 ~ 3:30 LES MILLS GRIT   CARDIO	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS GRIT   CARDIO	3:00 ~ 3:30 LES MILLS 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 BODYBALANCE	4:00 ~ 4:30 LES MILLS DANCE	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS CORE	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 DANCE	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS CORE	レッスン変更 5:00 ~ 5:30 LES MILLS GRIT   CARDIO	5:00 ~ 5:30 LES MILLS GRIT   CARDIO
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	レッスン変更 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 DANCE
8:00	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS DANCE	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS DANCE	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 DANCE	9:15 ~ 10:00 LES MILLS CORE	9:00 ~ 9:30 LES MILLS DANCE	9:15 ~ 10:00 LES MILLS CORE
10:00	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYATTACK		10:00 ~ 10:30 LES MILLS CORE	
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)	10:30 ~ 11:00 はじめてエアロ (円山 可奈子)	11:00 ~ 11:30 LES MILLS BODYPUMP	10:30 ~ 11:30 LES MILLS BODYCOMBAT
12:00	11:17日休講のため Virtual BODYBALANCEに 変更			12:00~12:30 パレトン(MIYAKO)	11:15~12:00 楽しくエアロ (円山 可奈子)	12:00 ~ 12:45 LES MILLS BODYATTACK	12:00 ~ 13:00 12:00 ~ 13:00 BUN CHEER SUPER FLY LES MILLS BODYPUMP
13:00	12:30 ~ 13:15 LES MILLS DANCE	12:30 ~ 13:15 LES MILLS CORE	12:15 ~ 13:00 LES MILLS CORE	13:00 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYBALANCE	13:15 ~ 14:00 LES MILLS BODYBALANCE	13:30 ~ 14:15 19日、BUNGEE 2日、16日、23日、30日BODYPUMP レッスン変更
14:00	13:45 ~ 14:30 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS DANCE	13:30~14:00 LES MILLS BODYATTACK	14:00 ~ 14:30 LES MILLS CORE	13:45 ~ 14:30 LES MILLS BODYCOMBAT	14:30 ~ 15:00 LES MILLS BODYBALANCE	14:30 ~ 15:15 レッスン変更
15:00	15:00 ~ 15:30 LES MILLS GRIT   CARDIO	15:00 ~ 15:30 LES MILLS BODYBALANCE	14:30 ~ 15:30 LES MILLS BODYCOMBAT	15:00 ~ 15:30 LES MILLS BODYPUMP	15:00 ~ 15:30 LES MILLS GRIT   CARDIO	14:30~15:00 体幹エクササイズ (staff) 11日、15日...休講のため Virtual COREに 変更	14:30 ~ 15:15 LES MILLS DANCE
16:00	16:00 ~ 16:30 LES MILLS BODYATTACK	16:00 ~ 17:00 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS BODYATTACK	15:30 ~ 16:15 LES MILLS BODYCOMBAT / DANCE (山口) (吉田) 11日、15日...COMBAT 8日、22日...DANCE	15:30 ~ 16:00 LES MILLS CORE
17:00	17:00 ~ 18:00 KIDS DANCE (HAZUKI)	17:30~18:00 LES MILLS BODYPUMP	17:00 ~ 17:30 LES MILLS CORE	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:45 LES MILLS CORE	16:45 ~ 17:30 LES MILLS DANCE / LES MILLS BODYCOMBAT 11日、15日...DANCE 8日、22日、29日...COMBAT	16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 定員2名
18:00	17日...休講のため Virtual BODYBALANCEに 変更		18:00~19:00 LES MILLS BODYBALANCE	18:00 ~ 18:30 LES MILLS BODYATTACK	18:15 ~ 19:00 LES MILLS BODYPUMP	18:00 ~ 18:30 LES MILLS CORE	18:00 ~ 18:30 LES MILLS GRIT   ATHLETIC
19:00	18:30 ~ 19:00 LES MILLS CORE	18:30 ~ 19:00 LES MILLS CORE		19:00 ~ 19:45 LES MILLS DANCE		19:00 ~ 19:30 LES MILLS GRIT   CARDIO	19:00 ~ 19:30 LES MILLS BODYCOMBAT
20:00	19:30 ~ 20:30 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)		19:30 ~ 20:15 LES MILLS DANCE (吉田 蒼葉)	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:45 LES MILLS DANCE
21:00	17日...休講のため Virtual LesMills DANCE45分 に変更	20:45 ~ 21:45 パワーヨガ (戸神 佐知子)	20:45 ~ 21:45 LES MILLS BODYPUMP	20:15 ~ 21:00 LES MILLS BODYPUMP	17日...休講のため Virtual LesMills DANCEに 変更	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	21:00 ~ 21:30 LES MILLS BODYCOMBAT	118日休講のため Virtual BODYBALANCEに 変更		21:30 ~ 22:30 LES MILLS BODYCOMBAT		21:30 ~ 22:30 LES MILLS BODYCOMBAT	22:30 ~ 23:30 LES MILLS BODYPUMP
23:00	22:00 ~ 22:30 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS DANCE	22:15 ~ 23:00 LES MILLS DANCE	22:15 ~ 23:00 LES MILLS DANCE	22:15 ~ 23:00 LES MILLS DANCE	23:00 ~ 23:30 LES MILLS DANCE	
	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 DANCE	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。