



LeXy Fit 松阪 STUDIO Program

2025年7月

|       | 月 MON                                                       | 火 TUE                                               | 水 WED                                               | 木 THU                                     | 金 FRI                                       | 土 SAT                                       | 日 SUN                                                           |
|-------|-------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-------------------------------------------|---------------------------------------------|---------------------------------------------|-----------------------------------------------------------------|
| 0:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
| WS    | 0:00 ~ 0:30<br>LES MILLS<br>BODYCOMBAT                      | 0:00 ~ 0:30<br>LES MILLS<br>BODYPUMP                | 23:30 ~ 0:30<br>LES MILLS<br>BODYPUMP               | 23:30 ~ 0:30<br>LES MILLS<br>BODYBALANCE  | 0:00 ~ 0:30<br>LES MILLS<br>BODYBALANCE     | 23:30 ~ 0:30<br>LES MILLS<br>BODYBALANCE    | 0:00 ~ 0:30<br>LES MILLS<br>CORE                                |
| 1:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 1:00 ~ 1:30<br>LES MILLS<br>BODYATTACK                      | 1:00 ~ 1:30<br>LES MILLS<br>BODYBALANCE             | 1:00 ~ 1:30<br>LES MILLS<br>CORE                    | 1:00 ~ 1:30<br>LES MILLS<br>BODYATTACK    | 1:00 ~ 1:30<br>LES MILLS<br>BODYATTACK      | 1:00 ~ 1:30<br>LES MILLS<br>GRIT   STRENGTH | 1:00 ~ 1:30<br>LES MILLS<br>BODYATTACK                          |
| 2:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 2:00 ~ 2:30<br>LES MILLS<br>CORE                            | 2:00 ~ 2:30<br>LES MILLS<br>DANCE                   | 2:00 ~ 2:30<br>LES MILLS<br>BODYCOMBAT              | 2:00 ~ 2:30<br>LES MILLS<br>BODYCOMBAT    | 2:00 ~ 2:30<br>LES MILLS<br>BODYCOMBAT      | 2:00 ~ 2:30<br>LES MILLS<br>BODYPUMP        | 2:00 ~ 2:30<br>LES MILLS<br>BODYBALANCE                         |
| 3:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 3:00 ~ 3:30<br>LES MILLS<br>GRIT   ATHLETIC                 | 3:00 ~ 3:30<br>LES MILLS<br>GRIT   CARDIO           | 3:00 ~ 3:30<br>LES MILLS<br>BODYATTACK              | 3:00 ~ 3:30<br>LES MILLS<br>GRIT   CARDIO | 3:00 ~ 3:30<br>LES MILLS<br>ATHLETIC        | 3:00 ~ 3:30<br>LES MILLS<br>BODYCOMBAT      | 3:00 ~ 3:30<br>LES MILLS<br>BODYPUMP                            |
| 4:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 4:00 ~ 4:30<br>LES MILLS<br>DANCE                           | 4:00 ~ 4:30<br>LES MILLS<br>CORE                    | 4:00 ~ 4:30<br>LES MILLS<br>BODYBALANCE             | 4:00 ~ 4:30<br>LES MILLS<br>DANCE         | 4:00 ~ 4:30<br>LES MILLS<br>BODYPUMP        | 4:00 ~ 4:30<br>LES MILLS<br>CORE            | 4:00 ~ 4:30<br>LES MILLS<br>DANCE                               |
| 5:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 5:00 ~ 5:30<br>LES MILLS<br>BODYPUMP                        | 5:00 ~ 5:30<br>LES MILLS<br>BODYATTACK              | 5:00 ~ 5:30<br>LES MILLS<br>DANCE                   | 5:00 ~ 5:30<br>LES MILLS<br>BODYPUMP      | 5:00 ~ 5:30<br>LES MILLS<br>CORE            | 5:00 ~ 5:30<br>LES MILLS<br>GRIT   CARDIO   | 5:00 ~ 5:30<br>LES MILLS<br>GRIT   CARDIO                       |
| 6:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 6:00 ~ 6:30<br>LES MILLS<br>BODYBALANCE                     | 6:00 ~ 6:30<br>LES MILLS<br>BODYCOMBAT              | 6:00 ~ 6:30<br>LES MILLS<br>GRIT   STRENGTH         | 6:00 ~ 6:30<br>LES MILLS<br>CORE          | 6:00 ~ 6:30<br>LES MILLS<br>BODYBALANCE     | 6:00 ~ 6:30<br>LES MILLS<br>DANCE           | 6:00 ~ 6:30<br>LES MILLS<br>BODYCOMBAT                          |
| 7:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 7:00 ~ 7:30<br>LES MILLS<br>BODYATTACK                      | 7:00 ~ 7:30<br>LES MILLS<br>BODYBALANCE             | 7:00 ~ 7:30<br>LES MILLS<br>BODYPUMP                | 7:00 ~ 7:30<br>LES MILLS<br>BODYBALANCE   | 7:00 ~ 7:30<br>LES MILLS<br>BODYCOMBAT      | 7:00 ~ 7:30<br>LES MILLS<br>BODYATTACK      | 7:00 ~ 7:30<br>LES MILLS<br>DANCE                               |
| 8:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             | レッスン変更                                                          |
|       | 8:00 ~ 8:30<br>LES MILLS<br>BODYCOMBAT                      | 8:00 ~ 8:30<br>LES MILLS<br>DANCE                   | 8:00 ~ 8:30<br>LES MILLS<br>BODYBALANCE             | 8:00 ~ 8:30<br>LES MILLS<br>BODYCOMBAT    | 8:00 ~ 8:45<br>LES MILLS<br>DANCE           | 8:00 ~ 8:30<br>LES MILLS<br>BODYBALANCE     | 8:00 ~ 8:45<br>LES MILLS<br>BODYATTACK                          |
| 9:00  |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 9:00 ~ 9:30<br>LES MILLS<br>CORE                            | 9:00 ~ 9:30<br>LES MILLS<br>GRIT   ATHLETIC         | 9:00 ~ 9:30<br>LES MILLS<br>DANCE                   | 9:00 ~ 9:30<br>LES MILLS<br>DANCE         | 9:15 ~ 10:00<br>LES MILLS<br>CORE           | 9:00 ~ 9:30<br>LES MILLS<br>DANCE           | 9:15 ~ 10:00<br>LES MILLS<br>CORE                               |
| 10:00 |                                                             |                                                     |                                                     |                                           |                                             |                                             |                                                                 |
|       | 10:00 ~ 10:30<br>LES MILLS<br>BODYPUMP                      | 10:00 ~ 10:30<br>LES MILLS<br>BODYATTACK            | 10:00 ~ 10:30<br>LES MILLS<br>BODYCOMBAT            | 10:00 ~ 10:30<br>LES MILLS<br>BODYATTACK  |                                             | 10:00 ~ 10:30<br>LES MILLS<br>CORE          |                                                                 |
| 11:00 |                                                             |                                                     |                                                     |                                           | 10:30 ~ 11:00<br>はじめてエアロ<br>(円山 可奈子)        |                                             | 10:30 ~ 11:00<br>LES MILLS<br>BODYCOMBAT                        |
|       | 11:00 ~ 12:00<br>Hula<br>(ヒロミ)                              | 11:00 ~ 12:00<br>モーニングヨガ<br>(CHIAKI)                | 11:00 ~ 11:45<br>バランスボールエクササイズ<br>(水瀧)              | 11:00 ~ 11:45<br>体ほぐしヨガ<br>(MIYAKO)       | 11:15 ~ 12:00<br>楽しくエアロ<br>(円山 可奈子)         | 11:00 ~ 11:30<br>LES MILLS<br>BODYPUMP      | 時間変更<br>11:30 ~ 12:30<br>11:30 ~ 12:30<br>LES MILLS<br>BODYPUMP |
| 12:00 |                                                             |                                                     |                                                     | 12:00 ~ 12:30<br>バレット(MIYAKO)             |                                             | 12:00 ~ 12:45<br>LES MILLS<br>BODYATTACK    | 20日...BUNGEE                                                    |
|       |                                                             |                                                     | 12:15 ~ 13:00<br>LES MILLS<br>CORE                  |                                           | 12:30 ~ 13:15<br>LES MILLS<br>BODYBALANCE   |                                             | レッスン変更<br>13:00 ~ 13:30<br>LES MILLS<br>BODYBALANCE             |
| 13:00 | 12:30 ~ 13:15<br>LES MILLS<br>DANCE                         | 12:30 ~ 13:15<br>LES MILLS<br>CORE                  |                                                     | 13:00 ~ 13:30<br>LES MILLS<br>BODYCOMBAT  |                                             | 13:15 ~ 14:00<br>LES MILLS<br>BODYBALANCE   | レッスン変更<br>13:45 ~ 14:15<br>LES MILLS<br>BODYCOMBAT              |
| 14:00 | 13:45 ~ 14:30<br>LES MILLS<br>BODYCOMBAT                    | 13:45 ~ 14:30<br>LES MILLS<br>DANCE                 | 13:30 ~ 14:00<br>LES MILLS<br>BODYATTACK            | 14:00 ~ 14:30<br>LES MILLS<br>CORE        | 13:45 ~ 14:30<br>LES MILLS<br>BODYCOMBAT    |                                             |                                                                 |
| 15:00 |                                                             |                                                     | 14:30 ~ 15:30<br>LES MILLS<br>BODYCOMBAT            |                                           |                                             | 14:30 ~ 15:00<br>体幹エクササイズ<br>(staff)        | 14:30 ~ 15:15<br>LES MILLS<br>DANCE                             |
|       | 15:00 ~ 15:30<br>LES MILLS<br>GRIT   CARDIO                 | 15:00 ~ 15:30<br>LES MILLS<br>BODYBALANCE           |                                                     | 15:00 ~ 15:30<br>LES MILLS<br>BODYPUMP    | 15:00 ~ 15:30<br>LES MILLS<br>GRIT   CARDIO |                                             |                                                                 |
| 16:00 | 16:00 ~ 16:30<br>LES MILLS<br>BODYATTACK                    | 16:00 ~ 17:00<br>LES MILLS<br>BODYCOMBAT            | 16:00 ~ 16:30<br>LES MILLS<br>DANCE                 | 16:00 ~ 16:30<br>LES MILLS<br>BODYCOMBAT  | 16:00 ~ 16:30<br>LES MILLS<br>BODYATTACK    | 15:30 ~ 16:15<br>LES MILLS<br>DANCE<br>(吉田) | 15:30 ~ 16:00<br>LES MILLS<br>CORE                              |
| 17:00 |                                                             |                                                     |                                                     |                                           |                                             | 16:45 ~ 17:30<br>LES MILLS<br>BODYCOMBAT    | 16:30 ~ 17:30<br>Lewayogaレヴァヨガ<br>(ハンモックヨガ)※有料<br>定員:2名 Lowのみ   |
| 18:00 | 17:00 ~ 18:00<br>KIDS DANCE<br>超入門クラス<br>(HAZUKI)           | 17:30 ~ 18:00<br>LES MILLS<br>BODYPUMP              |                                                     | 17:00 ~ 17:30<br>LES MILLS<br>CORE        | 17:00 ~ 17:45<br>LES MILLS<br>CORE          |                                             | ↑13日休講のため<br>virtual BODYATTACKに変更                              |
|       | レッスン変更<br>18:05 ~ 19:05<br>KIDS DANCE<br>超入門クラス<br>(HAZUKI) | 18:30 ~ 19:00<br>LES MILLS<br>CORE                  | 18:00 ~ 19:00<br>LES MILLS<br>BODYBALANCE           | 18:00 ~ 18:30<br>LES MILLS<br>BODYATTACK  | 18:15 ~ 19:00<br>LES MILLS<br>BODYPUMP      | 18:00 ~ 18:30<br>LES MILLS<br>CORE          | 18:00 ~ 18:30<br>LES MILLS<br>GRIT   ATHLETIC                   |
| 19:00 |                                                             |                                                     |                                                     | 19:00 ~ 19:45<br>LES MILLS<br>DANCE       |                                             | 19:00 ~ 19:30<br>LES MILLS<br>GRIT   CARDIO | 19:00 ~ 19:30<br>LES MILLS<br>BODYCOMBAT                        |
| 20:00 | 19:30 ~ 20:30<br>楽しくダンス<br>(HAZUKI)                         | 19:30 ~ 20:15<br>LES MILLS<br>BODYCOMBAT<br>(山口 奈穂) | 19:30 ~ 20:15<br>LES MILLS<br>BODYATTACK<br>(橋本 拓実) |                                           | 19:30 ~ 20:15<br>LES MILLS<br>DANCE         | 20:00 ~ 21:00<br>LES MILLS<br>BODYPUMP      | 20:00 ~ 20:45<br>LES MILLS<br>DANCE                             |
| 21:00 |                                                             | 20:45 ~ 21:45<br>パワーヨガ<br>(戸神 佐知子)                  | 20:45 ~ 21:45<br>LES MILLS<br>BODYPUMP              |                                           | 20:45 ~ 21:45<br>ダイナミックフローヨガ<br>(Ellie)     |                                             | 21:15 ~ 22:00<br>LES MILLS<br>BODYATTACK                        |
| 22:00 | 22:00 ~ 22:30<br>LES MILLS<br>BODYBALANCE                   | 22:15 ~ 23:00<br>LES MILLS<br>DANCE                 | 22:15 ~ 23:00<br>LES MILLS<br>DANCE                 | 21:30 ~ 22:30<br>LES MILLS<br>BODYCOMBAT  |                                             | 21:30 ~ 22:30<br>LES MILLS<br>BODYCOMBAT    |                                                                 |
| 23:00 |                                                             |                                                     |                                                     |                                           | 22:15 ~ 23:00<br>LES MILLS<br>BODYCOMBAT    |                                             | 22:30 ~ 23:30<br>LES MILLS<br>BODYPUMP                          |
|       | 23:00 ~ 23:30<br>LES MILLS<br>GRIT   STRENGTH               |                                                     |                                                     | 23:00 ~ 23:30<br>LES MILLS<br>DANCE       |                                             | 23:00 ~ 23:30<br>LES MILLS<br>DANCE         |                                                                 |
|       |                                                             | 23:30 ~ 0:30<br>LES MILLS<br>BODYPUMP               | 23:30 ~ 0:30<br>LES MILLS<br>BODYBALANCE            |                                           | 23:30 ~ 0:30<br>LES MILLS<br>BODYBALANCE    |                                             |                                                                 |

\* 黒塗りはインストラクターによるLIVEレッスンです。