



LeXy Fit 松阪 STUDIO Program

2025年10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 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 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 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	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	6:00 ~ 6:30 LES MILLS DANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT
7:00					時間変更		
	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 ~ 7:45 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	時間変更 8:15 ~ 9:00 LES MILLS DANCE	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:45 LES MILLS BODYATTACK
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	レッスン変更 9:30 ~ 10:30 LES MILLS BODYATTACK	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					時間変更		
	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 (水瀧)	11:00 ~ 11:45 体ほぐしヨガ (MIYAKO)	11:00 ~ 11:45 はじめてエアロ (円山 可奈子)	11:00 ~ 11:30 LES MILLS BODYPUMP	
12:00	↑13日休講のため Virtual BODY BALANCEに変更			12:00~12:30 バレットン(MIYAKO)	時間変更 12:15 ~ 13:15	12:00 ~ 12:45 LES MILLS BODYATTACK	11:30 ~ 12:30 BUNGEE SUPER FLY 26日...BUNGEE
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	12:15 ~ 13:15 LES MILLS BODYBALANCE	12:00 ~ 12:45 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYBALANCE
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	13:15~14:00 LES MILLS BODYBALANCE	13:45 ~ 14:15 LES MILLS BODYCOMBAT
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)	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 DANCE (吉田)	15:30 ~ 16:00 LES MILLS CORE
17:00							
	17:00 ~ 18:00 KIDS DANCE 超入門クラス (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 BODYCOMBAT	16:30 ~ 17:30 Lewayogaレヴァヨガ (ハンモックヨガ)※有料 定員:2名 Lowのみ
18:00							↑12日、26日は休講のため バーチャルBODYATTACKに変更
	18:05 ~ 19:05 KIDS DANCE 超入門クラス (HAZUKI)	18:30 ~ 19:00 LES MILLS CORE	18:00~19:00 LES MILLS BODYBALANCE	18:00 ~ 19:00 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							
	19:30 ~ 20:30 楽しくダンス (HAZUKI)	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本 拓実)	時間変更 19:30~20:30 楽しくエアロ (円山 可奈子)	19:30 ~ 20:15 LES MILLS DANCE	19:00 ~ 19:30 LES MILLS GRIT CARDIO	19:00 ~ 19:30 LES MILLS BODYCOMBAT
20:00							
	21:00 ~ 21:30 LES MILLS BODYCOMBAT	20:45 ~ 21:45 パワーヨガ (戸神 佐知子)	20:45 ~ 21:45 LES MILLS BODYPUMP	21:00~21:30 LES MILLS BODYPUMP	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 DANCE	22:15 ~ 23:00 LES MILLS DANCE	時間変更 22:00~22:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS BODYCOMBAT	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 DANCE	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS DANCE	22:30 ~ 23:30 LES MILLS BODYPUMP
23:00							

* 黒塗りはインストラクターによるLIVEレッスンです。