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## 2025年10月

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	月 MON	火 TUE	水 WED	木 THU	金 FRI	± SAT	∃ SUN
0:00 ws	0:00 ~ 0:30	0:00 ~ 0:30	23:30 ~ 0:30	23:30 ~ 0:30	0:00 ~ 0:30	23:30 ~ 0:30	0:00 ~ 0:30
	O BODYCOMBAT	O BODYPUMP	<b>○</b> BODYPUMP	O BODYBALANCE	D LESMILLS BODYBALANCE	D LESMILLS BODYBALANCE	OCORE
1:00	1:00 ~ 1:30	1:00 ~ 1:30	1:00 ~ 1:30	D LESMILLS BODYATTACK	1:00 ~ 1:30	1:00 ~ 1:30	1:00 ~ 1:30
	O BODYATTACK	D BODYBALANCE	0 CÖRE	<b>O</b> BODYATTACK	O BODYATTACK	O GRIT   STRENGTH	D LESMILLS BODYATTACK
2:00	2:00 ~ 2:30	2:00 ~ 2:30 LesMills	2:00 ~ 2:30 Leismills BODYCOMBAT	2:00 ~ 2:30  DESMILLS BODYCOMBAT	2:00 ~ 2:30  Lesmills BODYCOMBAT	2:00 ~ 2:30  LESMILLS  BODYPUMP	2:00 ~ 2:30  LESMILLS BODYBALANCE
0-00	O CORE	DANCE	Вортсомваг	BODYCOMBAT	O BODYCOMBAT	<b>О ВОДУРИМР</b>	<b>O</b> BODYBALANCE
3:00	3:00 ~ 3:30 O GRIT   ATHLETIC	3:00 ~ 3:30  OGRIT   CARDIO	3:00 ~ 3:30 LESMILLS BODYATTACK	3:00 ~ 3:30  GRIT   CARDIO	3:00 ~ 3:30  OGRIT ATHLETIC	3:00 ~ 3:30  Lesmills  BODYCOMBAT	3:00 ~ 3:30  BODYPUMP
4:00	O GRIT   AIRLEAN	O GRIT   CARDIO	O BODIAI IACK	OURITION	O GRIT	BODYCOMBAT	O BODYPUMP
4:00	4:00 ~ 4:30 LESMILLS	4:00 ~ 4:30 • CORE	4:00 ~ 4:30  Lesmills BODYBALANCE	4:00 ~ 4:30 Lesmils	4:00 ~ 4:30  LESMILLS  BODYPUMP	4:00 ~ 4:30 ••••••••••••••••••••••••••••••••••••	4:00 ~ 4:30 LesMills
5:00	DANCE	OCORE	BODTBALANCE		O BODIFUMP	OCORE	LATICE
5.00	5:00 ~ 5:30  LESMILLS  BODYPUMP	5:00 ~ 5:30  LESMILLS  BODYATTACK	5:00 ~ 5:30	5:00 ~ 5:30  LESMILLS  BODYPUMP	5:00 ~ 5:30 <b>OCORE</b>	5:00 ~ 5:30	5:00 ~ 5:30  •••••••••••••••••••••••••••••••••••
6:00	BODIFORM	DODIAITACK	OLITICE	O BOBITOMI	OCORE	O GRITT	CORIT
6:00	6:00 ~ 6:30  LESMILLS  BODYBALANCE	6:00 ~ 6:30  Lesmils  BODYCOMBAT	6:00 ~ 6:30  OGRIT   STRENGTH	6:00 ~ 6:30 ••••••••••••••••••••••••••••••••••••	6:00 ~ 6:30  LESMILLS  BODYBALANCE	6:00 ~ 6:30	6:00 ~ 6:30  LESMILLS BODYCOMBAT
7:00	BODIBALANCE	BODICOMBAI	OCKIT	OGGRE	時間変更		O BODICOMBAI
7.00	7:00 ~ 7:30  LESMILLS  BODYATTACK	7:00 ~ 7:30  LESMILLS  BODYBALANCE	7:00 ~ 7:30 Lesmils BODYPUMP	7:00 ~ 7:30  LESMILLS  BODYBALANCE	7:00 ~ 7:45	PODYATTACK	7:00 ~ 7:30
8:00		BODIBALANCE		O DOD I DALLEGO	<b>○</b> BODYCOMBAT		O DATE OF
0.00	8:00 ~ 8:30  LESMILLS BODYCOMBAT	8:00 ~ 8:30 DANCE	8:00 ~ 8:30  LESMILLS BODYBALANCE	8:00 ~ 8:30  LESMILLS  BODYCOMBAT	時間変更 8:15 ~ 9:00	8:00 ~ 8:30  LESMILLS  BODYBALANCE	8:00 ~ 8:45
9:00	DODICOMBAI	O DITTOL	O DODI DALANCE	O BODICOMBAI	DANCE		D BODYATTACK
9.00	9:00 ~ 9:30 OCORE	9:00 ~ 9:30  OGRIT ATHLETIC	9:00 ~ 9:30  •••••••••••••••••••••••••••••••••••	9:00 ~ 9:30 <b>DANCE</b>	レッスン変更	9:00 ~ 9:30  CESMILLS	9:15 ~ 10:00
10:00			O ZIII CZ	CERTOL	9:30 ~ 10:30	02402	0 CORE
10.00	10:00 ~ 10:30  LESMILLS  BODYPUMP	10:00 ~ 10:30  LESMILLS  BODYATTACK	10:00 ~ 10:30  LESMILLS  BODYCOMBAT	10:00 ~ 10:30  LESMILLS  BODYATTACK	<b>O</b> BODYATTACK	10:00 ~ 10:30 OCORE	
11:00		- DODINI INCIL			時間変更		10:30 ~ 11:00  LESMILLS  BODYCOMBAT
11.00	11:00 ~ 12:00	11:00 ~ 12:00	11:00 ~ 11:45 バランスボールエクササイズ (水瀧)	11:00 ~ 11:45 休ほぐしョガ	11:00 ~ 11:45	11:00 ~ 11:30  Lesmills  BODYPUMP	
12:00	Hula (ヒロミ)	モーニングヨガ (CHIAKI)	(水瀧)	体ほぐしヨガ (MIYAKO)	はじめてエアロ (円山 可奈子)		11:30 ~ 12:30 11:30 ~
	↑13日休講のため Virtual BODY BALANCEに変更		12:15 ~ 13:00	12:00~12:30 バレトン(MIYAKO)	時間変更 12:15 ~ 13:15	12:00 ~ 12:45  LESMILLS BODYATTACK	O BODYP
13:00	12:30 ~ 13:15  - DANCE	12:30 ~ 13:15  OCORE	O CORE		O BODYBALANCE	O BODIAI IACK	26 ⊟···BUNGEE
	ODANCE	OOGRE		13:00 ~ 13:30  LESMILLS  BODYCOMBAT		13:15~14:00	13:00 ~ 13:30  LESMILLS BODYBALANCE
14:00	13:45 ~ 14:30	13:45 ~ 14:30	13:30~14:00  LESMILLS  BODYATTACK		13:45 ~ 14:30	O BODYBALANCE	13:45 ~ 14:15
	<b>O</b> BODYCOMBAT	<b>DANCE</b>		14:00 ~ 14:30 OCORE	<b>D</b> BODYCOMBAT		D BODYCOMBAT
15:00			14:30 ~ 15:30  LESMILLS BODYCOMBAT			14:30~15:00 <b>体幹エクササイズ</b> (staff)	14:30 ~ 15:15  LESMILLS  DANCE
	15:00~ 15:30  OGRIT   CARDIO	15:00 ~ 15:30  LESMILLS BODYBALANCE	BODYCOMBAT	15:00 ~ 15:30  LESMILLS  BODYPUMP	15:00 ~ 15:30  GRIT   CARDIO		
16:00						15:30 ~ 16:15 LESMILLS DANCE	15:30 ~ 16:00  OCORE
	16:00 ~ 16:30  LESMILLS  BODYATTACK	16:00 ~ 17:00  LESMILLS BODYCOMBAT	16:00 ~ 16:30	16:00 ~ 16:30  LESMILLS  BODYCOMBAT	16:00 ~ 16:30  LESMILLS  BODYATTACK	(吉田)	
17:00	17:00 ~ 18:00	BODICOMBAT	17:00 ~ 17:30	17:00 - 17:00	17:00 - 17:15	16:45 ~ 17:30	16:30 ~ 17:30 Lewayogaレヴァヨ: (ハンモックヨガ)※有 定員:2名 Lowのみ
	KIDS DANCE	17:30~18:00	17:00 ~ 17:30 OCORE	17:00 ~ 17:30  LESMILLS  BODYBALANCE	17:00 ~ 17:45  OCORE	<b>○</b> BODYCOMBAT	
18:00	超入門クラス (HAZUKI)	D BODYPUMP	18:00~19:00	10:00 - 40:00		18:00 ~ 18:30	† 12日、26日は休講のため パーチャルBODYATTACKに変]
	18:05 ~ 19:05	18:30 ~ 19:00	Lesmills BODYBALANCE	18:00 ~ 19:00  LESMILLS BODYATTACK	18:15 ~ 19:00	O CORE	O GRIT ATHLET
19:00	KIDS DANCE 超入門クラス	© CORE	ODDI DALARCE	<b>BODIAI IACK</b>	<b>●</b> BODYPUMP	19:00 ~ 19:30	19:00 ~ 19:30
	(HAZUKI)	19:30 ~ 20:15	19:30 ~ 20:15	時間変更	19:30 ~ 20:15	<b>⊙ GRIT</b>   CARDIO	D Lesmills BODYCOMBAT
20:00	楽しくダンス	Lesmills BODYCOMBAT (山口 奈穂)	19:30 ~ 20:15 LESIVILLS BODYATTACK (橋本 拓実)	19:30~20:30 楽しくエアロ (円山 可奈子)	DANCE	20:00 ~ 21:00	20:00 ~ 20:45
	(HAZUKI)	(田日 示物)	(何举 和关)	(円山 可奈子)		O BODYPUMP	
21:00	21:00 ~ 21:30	20:45 ~ 21:45	20:45 ~ 21:45	時間変更 21:00~21:30	20:45 ~ 21:45	DODIFORM	
	O BODYCOMBAT	パワーヨガ (戸神 佐知子)	<b>D</b> BODYPUMP	<b>O</b> BODYPUMP	ダイナミックフローヨガ (Ellie)	21:30 ~ 22:30	21:15 ~ 22::00
22:00	22:00 ~ 22:30			時間変更 22:00~22:30		<b>○</b> Lesmills <b>BODYCOMBAT</b>	— O BODYATTACK
	O BODYBALANCE	22:15 ~ 23:00 LESMILLS	22:15 ~ 23:00 LESMILLS	<b>D</b> BODYCOMBAT	22:15 ~ 23:00 LESMILLS	- DODICOMBAI	22:30 ~ 23:30
23:00	23:00 ~ 23:30	O DANCE	O DANCE	23:00 ~ 23:30	O BODYCOMBAT	23:00 ~ 23:30	BODYPUMP
	O GRIT   STRENGTH	23:30 ~ 0:30	23:30 ~ 0:30	O DANCE	23:30 ~ 0:30	O DANCE	
		<b>O</b> BODYPUMP	O BODYBALANCE		<b>D</b> Lesmills  BODYBALANCE		

\*黒塗りはインストラクターによるLIVEレッスンです。