



LeXy Fit 松阪 STUDIO Program

2025年12月

月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00						
WS 0:00 ~ 0:30 LESMILLS BODYCOMBAT	0:00 ~ 0:30 LESMILLS BODYPUMP	23:30 ~ 0:30 LESMILLS BODYPUMP	23:30 ~ 0:30 LESMILLS BODYBALANCE	0:00 ~ 0:30 LESMILLS BODYBALANCE	23:30 ~ 0:30 LESMILLS BODYBALANCE	0:00 ~ 0:30 LESMILLS CORE
1:00 1:00 ~ 1:30 LESMILLS BODYATTACK	1:00 ~ 1:30 LESMILLS BODYBALANCE	1:00 ~ 1:30 LESMILLS CORE	1:00 ~ 1:30 LESMILLS BODYATTACK	1:00 ~ 1:30 LESMILLS BODYATTACK	1:00 ~ 1:30 LESMILLS GRIT STRENGTH	1:00 ~ 1:30 LESMILLS BODYATTACK
2:00 2:00 ~ 2:30 LESMILLS CORE	2:00 ~ 2:30 LESMILLS DANCE	2:00 ~ 2:30 LESMILLS BODYCOMBAT	2:00 ~ 2:30 LESMILLS BODYCOMBAT	2:00 ~ 2:30 LESMILLS BODYCOMBAT	2:00 ~ 2:30 LESMILLS BODYPUMP	2:00 ~ 2:30 LESMILLS BODYBALANCE
3:00 3:00 ~ 3:30 LESMILLS GRIT ATHLETIC	3:00 ~ 3:30 LESMILLS GRIT CARDIO	3:00 ~ 3:30 LESMILLS BODYATTACK	3:00 ~ 3:30 LESMILLS GRIT CARDIO	3:00 ~ 3:30 LESMILLS GRIT ATHLETIC	3:00 ~ 3:30 LESMILLS BODYCOMBAT	3:00 ~ 3:30 LESMILLS BODYPUMP
4:00 4:00 ~ 4:30 LESMILLS DANCE	4:00 ~ 4:30 LESMILLS CORE	4:00 ~ 4:30 LESMILLS BODYBALANCE	4:00 ~ 4:30 LESMILLS DANCE	4:00 ~ 4:30 LESMILLS BODYPUMP	4:00 ~ 4:30 LESMILLS CORE	4:00 ~ 4:30 LESMILLS DANCE
5:00 5:00 ~ 5:30 LESMILLS BODYPUMP	5:00 ~ 5:30 LESMILLS BODYATTACK	5:00 ~ 5:30 LESMILLS DANCE	5:00 ~ 5:30 LESMILLS BODYPUMP	5:00 ~ 5:30 LESMILLS CORE	5:00 ~ 5:30 LESMILLS GRIT CARDIO	5:00 ~ 5:30 LESMILLS GRIT CARDIO
6:00 6:00 ~ 6:30 LESMILLS BODYBALANCE	6:00 ~ 6:30 LESMILLS BODYCOMBAT	6:00 ~ 6:30 LESMILLS GRIT STRENGTH	6:00 ~ 6:30 LESMILLS CORE	6:00 ~ 6:30 LESMILLS BODYBALANCE	6:00 ~ 6:30 LESMILLS DANCE	6:00 ~ 6:30 LESMILLS BODYCOMBAT
7:00 7:00 ~ 7:30 LESMILLS BODYATTACK	7:00 ~ 7:30 LESMILLS BODYBALANCE	7:00 ~ 7:30 LESMILLS BODYPUMP	7:00 ~ 7:30 LESMILLS BODYBALANCE	7:00 ~ 7:45 LESMILLS BODYCOMBAT	7:00 ~ 7:30 LESMILLS BODYATTACK	7:00 ~ 7:30 LESMILLS DANCE
8:00 8:00 ~ 8:30 LESMILLS BODYCOMBAT	8:00 ~ 8:30 LESMILLS DANCE	8:00 ~ 8:30 LESMILLS BODYBALANCE	8:00 ~ 8:30 LESMILLS BODYCOMBAT	8:15 ~ 9:00 LESMILLS DANCE	8:00 ~ 8:30 LESMILLS BODYBALANCE	8:00 ~ 8:45 LESMILLS BODYATTACK
9:00 9:00 ~ 9:30 LESMILLS CORE	9:00 ~ 9:30 LESMILLS GRIT ATHLETIC	9:00 ~ 9:30 LESMILLS DANCE	9:00 ~ 9:30 LESMILLS DANCE	9:30 ~ 10:30 LESMILLS BODYATTACK	9:00 ~ 9:30 LESMILLS DANCE	9:15 ~ 10:00 LESMILLS 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		10:00 ~ 10:30 LESMILLS CORE	10:30 ~ 11:00 LESMILLS BODYCOMBAT
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)	11:00 ~ 11:45 はじめエアロ (円山 可奈子)	11:00 ~ 11:30 LESMILLS BODYPUMP	11:30 ~ 12:30 LESMILLS BODYPUMP
12:00 ↑29日休講のため Virtual BODYBALANCE に変更	↑30日は休講のため Virtual BODYBALANCEに変更	↑31日は休講のため Virtual BODYPUMPに変更	12:00~12:30 バレトン(MIYAKO)	12:15 ~ 13:15 LESMILLS BODYBALANCE	12:00 ~ 12:45 LESMILLS BODYATTACK	14日...BUNGEE SUPER FLY
13:00 LESMILLS DANCE	13:00 ~ 13:15 LESMILLS CORE		13:00 ~ 13:30 LESMILLS BODYCOMBAT		13:15~14:00 LESMILLS BODYBALANCE	13:00 ~ 13:30 LESMILLS BODYBALANCE
14:00 13:45 ~ 14:30 LESMILLS BODYCOMBAT	13:45 ~ 14:30 LESMILLS DANCE	13:45 ~ 14:30 LESMILLS BODYATTACK	14:00 ~ 14:30 LESMILLS CORE	13:45 ~ 14:30 LESMILLS BODYCOMBAT	14:30 ~ 15:00 体幹エクササイズ (staff)	13:45 ~ 14:15 LESMILLS BODYCOMBAT
15:00 15:00~ 15:30 LESMILLS GRIT CARDIO	15:00 ~ 15:30 LESMILLS BODYBALANCE	15:00 ~ 15:30 LESMILLS BODYCOMBAT	15:00 ~ 15:30 LESMILLS BODYPUMP	15:00 ~ 15:30 LESMILLS GRIT CARDIO	15:30 ~ 16:15 LESMILLS DANCE (吉田)	15:30 ~ 16:00 LESMILLS CORE
16:00 16:00 ~ 16:30 LESMILLS BODYATTACK	16:00 ~ 17:00 LESMILLS BODYCOMBAT	16:00 ~ 16:30 LESMILLS DANCE	16:00 ~ 16:30 LESMILLS BODYCOMBAT	16:00 ~ 16:30 LESMILLS BODYATTACK	16:00 ~ 16:30 LESMILLS BODYATTACK	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
17:00 17:00 ~ 18:00 KIDS DANCE 超入門クラス (HAZUKI)		17:00 ~ 17:30 LESMILLS CORE	17:00 ~ 17:45 LESMILLS BODYATTACK	17:00 ~ 17:45 LESMILLS CORE	16:45 ~ 17:30 LESMILLS BODYCOMBAT	↑28日は休講のため マイハンモックをお持ちの方の 練習日とします。
18:00 18:05 ~ 19:05 KIDS DANCE 超入門クラス (HAZUKI)	18:30 ~ 19:00 LESMILLS CORE	18:00~19:00 LESMILLS BODYBALANCE	18:15 ~ 19:00 LESMILLS BODYBALANCE	18:15 ~ 19:00 LESMILLS BODYPUMP	18:00 ~ 18:30 LESMILLS CORE	18:00 ~ 18:30 LESMILLS GRIT ATHLETIC
19:00 19:30 ~ 20:30 LESMILLS BODYCOMBAT (山口 麻穂)		19:30 ~ 20:15 LESMILLS BODYATTACK (橋本 拓実)	19:30~20:30 楽しいエアロ (円山 可奈子)	19:30 ~ 20:15 LesMills DANCE	19:00 ~ 19:30 LESMILLS GRIT CARDIO	19:00 ~ 19:30 LESMILLS BODYCOMBAT
20:00 20:00 ~ 21:00 LESMILLS BODYCOMBAT (山口 麻穂)	↑30日は休講のため Virtual BODYCOMBATに変更	↑31日は休講のため Virtual BODYATTACKに変更	20:45 ~ 21:45 LESMILLS BODYPUMP	20:45 ~ 21:45 LESMILLS BODYATTACK	20:00 ~ 21:00 LESMILLS BODYPUMP	20:00 ~ 20:45 LESMILLS DANCE
21:00 21:00 ~ 21:30 LESMILLS BODYCOMBAT (戸神 佐知子)		20:45 ~ 21:45 LESMILLS BODYPUMP	21:00~21:30 LESMILLS BODYPUMP	20:45 ~ 21:45 Dynamixフローヨガ (Ellie)	21:30 ~ 22:30 LESMILLS BODYCOMBAT	21:15 ~ 22:00 LESMILLS BODYATTACK
22:00 22:00 ~ 22:30 LESMILLS BODYBALANCE	22:15 ~ 23:00 LESMILLS DANCE	22:15 ~ 23:00 LESMILLS DANCE	22:00~22:30 LESMILLS BODYCOMBAT	22:15 ~ 23:00 LESMILLS BODYCOMBAT		22:30 ~ 23:30 LESMILLS BODYPUMP
23:00 23:00 ~ 23:30 LESMILLS GRIT STRENGTH	23:30 ~ 0:30 LESMILLS BODYPUMP	23:30 ~ 0:30 LESMILLS BODYBALANCE	23:00 ~ 23:30 LESMILLS DANCE	23:30 ~ 0:30 LESMILLS BODYBALANCE	23:00 ~ 23:30 LESMILLS DANCE	

* 黒塗りはインストラクターによるLIVEレッスンです。

* Lewayogaの練習日はハンモック持参の上、1時間¥500(税込)となります。レンタルは行っておりません。

* 12月30日～1月3日はノースタッフデーとなります。