

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00							
WS	0:00 ~ 0:30 LES MILLS <b>BODYCOMBAT</b>	0:00 ~ 0:30 LES MILLS <b>BODYPUMP</b>	23:30 ~ 0:30 LES MILLS <b>BODYPUMP</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	0:00 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	0:00 ~ 0:30 LES MILLS <b>CORE</b>
1:00	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>BODYBALANCE</b>	1:00 ~ 1:30 LES MILLS <b>CORE</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>	1:00 ~ 1:30 LES MILLS <b>GRIT   STRENGTH</b>	1:00 ~ 1:30 LES MILLS <b>BODYATTACK</b>
2:00	2:00 ~ 2:30 LES MILLS <b>CORE</b>	2:00 ~ 2:30 LES MILLS <b>DANCE</b>	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</b>	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</b>	2:00 ~ 2:30 LES MILLS <b>BODYCOMBAT</b>	2:00 ~ 2:30 LES MILLS <b>BODYPUMP</b>	2:00 ~ 2:30 LES MILLS <b>BODYBALANCE</b>
3:00	3:00 ~ 3:30 LES MILLS <b>GRIT   ATHLETIC</b>	3:00 ~ 3:30 LES MILLS <b>GRIT   CARDIO</b>	3:00 ~ 3:30 LES MILLS <b>BODYATTACK</b>	3:00 ~ 3:30 LES MILLS <b>GRIT   CARDIO</b>	3:00 ~ 3:30 LES MILLS <b>GRIT   ATHLETIC</b>	3:00 ~ 3:30 LES MILLS <b>BODYCOMBAT</b>	3:00 ~ 3:30 LES MILLS <b>BODYPUMP</b>
4:00	4:00 ~ 4:30 LES MILLS <b>DANCE</b>	4:00 ~ 4:30 LES MILLS <b>CORE</b>	4:00 ~ 4:30 LES MILLS <b>BODYBALANCE</b>	4:00 ~ 4:30 LES MILLS <b>DANCE</b>	4:00 ~ 4:30 LES MILLS <b>BODYPUMP</b>	4:00 ~ 4:30 LES MILLS <b>CORE</b>	4:00 ~ 4:30 LES MILLS <b>DANCE</b>
5:00	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>BODYATTACK</b>	5:00 ~ 5:30 LES MILLS <b>DANCE</b>	5:00 ~ 5:30 LES MILLS <b>BODYPUMP</b>	5:00 ~ 5:30 LES MILLS <b>CORE</b>	5:00 ~ 5:30 LES MILLS <b>GRIT   CARDIO</b>	5:00 ~ 5:30 LES MILLS <b>GRIT   CARDIO</b>
6:00	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>	6:00 ~ 6:30 LES MILLS <b>BODYCOMBAT</b>	6:00 ~ 6:30 LES MILLS <b>GRIT   STRENGTH</b>	6:00 ~ 6:30 LES MILLS <b>CORE</b>	6:00 ~ 6:30 LES MILLS <b>BODYBALANCE</b>	6:00 ~ 6:30 LES MILLS <b>DANCE</b>	6:00 ~ 6:30 LES MILLS <b>BODYCOMBAT</b>
7:00	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:30 LES MILLS <b>BODYBALANCE</b>	7:00 ~ 7:30 LES MILLS <b>BODYPUMP</b>	7:00 ~ 7:30 LES MILLS <b>BODYBALANCE</b>	7:00 ~ 7:45 LES MILLS <b>BODYCOMBAT</b>	7:00 ~ 7:30 LES MILLS <b>BODYATTACK</b>	7:00 ~ 7:30 LES MILLS <b>DANCE</b>
8:00	8:00 ~ 8:30 LES MILLS <b>BODYCOMBAT</b>	8:00 ~ 8:30 LES MILLS <b>DANCE</b>	8:00 ~ 8:30 LES MILLS <b>BODYBALANCE</b>	8:00 ~ 8:30 LES MILLS <b>BODYCOMBAT</b>	8:15 ~ 9:00 LES MILLS <b>DANCE</b>	8:00 ~ 8:30 LES MILLS <b>BODYBALANCE</b>	8:00 ~ 8:45 LES MILLS <b>BODYATTACK</b>
9:00	9:00 ~ 9:30 LES MILLS <b>CORE</b>	9:00 ~ 9:30 LES MILLS <b>GRIT   ATHLETIC</b>	9:00 ~ 9:30 LES MILLS <b>DANCE</b>	9:00 ~ 9:30 LES MILLS <b>DANCE</b>	9:30 ~ 10:30 LES MILLS <b>BODYATTACK</b>	9:00 ~ 9:30 LES MILLS <b>DANCE</b>	9:15 ~ 10:00 LES MILLS <b>CORE</b>
10:00	10:00 ~ 10:30 LES MILLS <b>BODYPUMP</b>	10:00 ~ 10:30 LES MILLS <b>BODYATTACK</b>	10:00 ~ 10:30 LES MILLS <b>BODYCOMBAT</b>	10:00 ~ 10:30 LES MILLS <b>BODYATTACK</b>	10:00 ~ 10:30 LES MILLS <b>BODYATTACK</b>	10:00 ~ 10:30 LES MILLS <b>CORE</b>	10:30 ~ 11:00 LES MILLS <b>BODYCOMBAT</b>
11:00	11:00 ~ 12:00 <b>Hula (ヒロミ)</b>	11:00 ~ 11:30 LES MILLS <b>CORE</b>	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 はじめてエアロ (円山 可奈子)	11:00 ~ 11:30 LES MILLS <b>BODYPUMP</b>	11:30 ~ 12:30 LES MILLS <b>BODYPUMP</b>
12:00	19日は休講のため、Virtual BODYBALANCE 12:30 ~ 13:15 LES MILLS <b>DANCE</b>	12:00 ~ 12:30 LES MILLS <b>BODYPUMP</b>	12:15 ~ 13:00 LES MILLS <b>CORE</b>	12:00 ~ 12:30 バレトン(MIYAKO)	16日20日は休講のため、Virtual DANCE 12:15 ~ 13:15 LES MILLS <b>BODYBALANCE</b>	時間変更 12:00 ~ 12:30 LES MILLS <b>BODYATTACK</b>	18日は中瀬のBODYPUMP撮影会 13:00 ~ 13:30 LES MILLS <b>BODYBALANCE</b>
13:00	13:45 ~ 14:30 LES MILLS <b>BODYCOMBAT</b>	13:00 ~ 13:30 LES MILLS <b>BODYCOMBAT</b>	13:30 ~ 14:00 LES MILLS <b>BODYATTACK</b>	14:00 ~ 14:30 LES MILLS <b>CORE</b>	13:45 ~ 14:30 LES MILLS <b>BODYCOMBAT</b>	NEW 14:00 ~ 15:00 マットピラティス (中瀬)	14:30 ~ 15:15 LES MILLS <b>DANCE</b>
14:00	15:00 ~ 15:30 LES MILLS <b>GRIT   CARDIO</b>	15:30 ~ 16:00 LES MILLS <b>GRIT   CARDIO</b>	14:30 ~ 15:30 LES MILLS <b>BODYCOMBAT</b>	15:00 ~ 15:30 LES MILLS <b>BODYBALANCE</b>	15:00 ~ 15:30 LES MILLS <b>GRIT   CARDIO</b>	17日、28日は休講のため 14:30 ~ 15:00 体幹エクササイズ(吉田) 15:30 ~ 16:15 LES MILLS <b>DANCE (吉田)</b>	15:30 ~ 16:00 LES MILLS <b>CORE</b>
15:00	16:00 ~ 16:30 LES MILLS <b>BODYATTACK</b>	16:30 ~ 17:00 LES MILLS <b>DANCE</b>	16:00 ~ 16:30 LES MILLS <b>DANCE</b>	16:00 ~ 16:30 LES MILLS <b>BODYCOMBAT</b>	16:00 ~ 16:30 LES MILLS <b>BODYATTACK</b>	16:45 ~ 17:30 LES MILLS <b>BODYCOMBAT</b>	16:30 ~ 17:30 Lewayogaレヴァエヨガ (ハンモックヨガ)※有料 定員:2名 Lowのみ 13月1日は休講のため ハンモック持参できる方のみ 練習会とさせていただきます。
16:00	17:00 ~ 18:00 <b>KIDS DANCE 超入門クラス (HAZUKI)</b>	17:30 ~ 18:00 LES MILLS <b>BODYPUMP</b>	18:00 ~ 19:00 LES MILLS <b>BODYBALANCE</b>	17:00 ~ 17:45 LES MILLS <b>BODYATTACK</b>	17:00 ~ 17:45 LES MILLS <b>CORE</b>	18:00 ~ 18:30 LES MILLS <b>CORE</b>	18:00 ~ 18:30 LES MILLS <b>GRIT   ATHLETIC</b>
17:00	18:05 ~ 19:05 <b>KIDS DANCE 超入門クラス (HAZUKI)</b>	18:30 ~ 19:00 LES MILLS <b>CORE</b>	18:15 ~ 19:00 LES MILLS <b>CORE</b>	18:15 ~ 19:00 LES MILLS <b>BODYPUMP</b>	18:15 ~ 19:00 LES MILLS <b>BODYPUMP</b>	19:00 ~ 19:30 LES MILLS <b>GRIT   CARDIO</b>	19:00 ~ 19:30 LES MILLS <b>BODYCOMBAT</b>
18:00	19:30 ~ 20:30 <b>楽しくダンス (HAZUKI)</b>	19:30 ~ 20:15 LES MILLS <b>BODYCOMBAT (山口 奈穂)</b>	19:30 ~ 20:15 LES MILLS <b>BODYATTACK (橋本 拓実)</b>	19:30 ~ 20:30 <b>楽しくエアロ (円山 可奈子)</b>	19:30 ~ 20:15 LES MILLS <b>DANCE</b>	20:00 ~ 21:00 LES MILLS <b>BODYPUMP</b>	20:00 ~ 20:45 LES MILLS <b>DANCE</b>
19:00	21:00 ~ 21:30 LES MILLS <b>BODYCOMBAT</b>	20:45 ~ 21:45 <b>パワーヨガ (戸神 佐知子)</b>	20:45 ~ 21:45 LES MILLS <b>BODYPUMP</b>	21:00 ~ 21:30 LES MILLS <b>BODYPUMP</b>	20:45 ~ 21:45 <b>ダイナミックフローヨガ (Ellie)</b>	21:30 ~ 22:30 LES MILLS <b>BODYCOMBAT</b>	21:15 ~ 22:00 LES MILLS <b>BODYATTACK</b>
20:00	22:00 ~ 22:30 LES MILLS <b>BODYBALANCE</b>	22:15 ~ 23:00 LES MILLS <b>DANCE</b>	22:15 ~ 23:00 LES MILLS <b>DANCE</b>	22:00 ~ 22:30 LES MILLS <b>BODYCOMBAT</b>	22:15 ~ 23:00 LES MILLS <b>BODYCOMBAT</b>	22:30 ~ 23:30 LES MILLS <b>BODYCOMBAT</b>	22:30 ~ 23:30 LES MILLS <b>BODYPUMP</b>
21:00	23:00 ~ 23:30 LES MILLS <b>GRIT   STRENGTH</b>	23:30 ~ 0:30 LES MILLS <b>BODYPUMP</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>	23:00 ~ 23:30 LES MILLS <b>DANCE</b>	23:30 ~ 0:30 LES MILLS <b>BODYBALANCE</b>		
22:00							
23:00							

\* 黒塗りはインストラクターによるLIVEレッスンです。  
 \* NEWプログラム…マットピラティス(中瀬)毎週土曜14:00~15:00スタート  
 \* 3/8(日)LesMILL BODYPUMP(中瀬)の撮影会…最大定員8名 事前予約が必要となります。