

	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 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	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	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	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	10:00 ~ 10:30 LES MILLS CORE	10:30 ~ 11:00 LES MILLS BODYCOMBAT
11:00	11:00 ~ 12:00 Hula (ヒロミ)	11:00 ~ 11:30 LES MILLS CORE	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 BODYPUMP	4月度レッスン変更 11:30 ~ 12:30
12:00		12:00 ~ 12:30 LES MILLS BODYPUMP	12:15 ~ 13:00	12:00 ~ 12:30 バレトン(MIYAKO)	12:15 ~ 13:15	12:00 ~ 12:30 LES MILLS BODYATTACK	LES MILLS BODYPUMP
13:00	12:30 ~ 13:15 LES MILLS DANCE	13:00 ~ 13:30 LES MILLS BODYCOMBAT	13:30 ~ 14:00 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYPUMP	13:45 ~ 14:30 LES MILLS BODYCOMBAT	13:00 ~ 13:30 LES MILLS GRIT   CARDIO	13:00 ~ 13:30 LES MILLS BODYBALANCE
14:00	13:45 ~ 14:30 LES MILLS BODYCOMBAT	14:00 ~ 15:00 LES MILLS BODYBALANCE	14:30 ~ 15:30 LES MILLS BODYCOMBAT	14:00 ~ 14:30 LES MILLS CORE	14:00 ~ 15:00 マットピラティス (中瀬)		13:45 ~ 14:15 LES MILLS BODYCOMBAT
15:00	15:00 ~ 15:30 LES MILLS GRIT   CARDIO	15:30 ~ 16:00 LES MILLS GRIT   CARDIO	15:00 ~ 15:30 LES MILLS BODYBALANCE	15:00 ~ 15:30 LES MILLS BODYBALANCE	15:00 ~ 15:30 LES MILLS GRIT   CARDIO	NEW 15:30 ~ 16:15 LES MILLS BODYPUMP (中瀬 颯樹) 1日はVirtualBODYPUMP 11日から LIVEレッスンをスタート!! 16:45 ~ 17:30	14:30 ~ 15:15 LES MILLS DANCE
16:00	16:00 ~ 16:30 LES MILLS BODYATTACK	16:30 ~ 17:00 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS BODYATTACK		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 ~ 17:45 LES MILLS BODYATTACK	17:00 ~ 17:45 LES MILLS CORE	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 5日は休講のため ハンモック持参の方の練習会	16:30 ~ 17:30
18:00	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	18:15 ~ 19:00 LES MILLS CORE	18:15 ~ 19:00 LES MILLS BODYPUMP	18:00 ~ 18:30 LES MILLS CORE	18:00 ~ 18:30 LES MILLS GRIT   ATHLETIC
19:00	4月度のみ変更 19:30 ~ 20:15	4月度レッスン変更 19:30 ~ 20:15	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本 拓実) 1日、22日、29日は 休講の為 Virtual BODYATTACK	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	4月度のみ時間変更 20:45 ~ 21:30	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	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	23:00 ~ 23:30 LES MILLS DANCE	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。

\* NEWプログラム…4/13(土)よりLIVEレッスンBODYPUMP(中瀬)がスタート!!