

	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							
	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		レッスン・時間変更					
	11:00 ~ 12:00 Hula (ヒロミ)	11:00 ~ 12:00 ベーシックヨガ (RYOMA)	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	11:30 ~ 12:30 LES MILLS BODYPUMP
12:00							
	17日は休講の為 Virtual BODYBALANCE	時間変更	12:15 ~ 13:00 LES MILLS CORE	12:00 ~ 12:30 バレトン(MIYAKO)	7日は休講のため Virtual Dance	12:00 ~ 12:30 LES MILLS BODYATTACK	12:00 ~ 12:30 LES MILLS BODYPUMP
	12:30 ~ 13:15 LES MILLS DANCE	12:30 ~ 13:00 LES MILLS BODYPUMP			12:15 ~ 13:15 LES MILLS BODYBALANCE		
13:00		時間変更		13:00 ~ 13:30 LES MILLS BODYPUMP		13:00 ~ 13:30 LES MILLS GRIT CARDIO	13:00 ~ 13:30 LES MILLS BODYBALANCE
		13:30 ~ 14:00 LES MILLS BODYCOMBAT	13:30 ~ 14:00 LES MILLS BODYBALANCE	14:00 ~ 14:30 LES MILLS CORE	13:45 ~ 14:30 LES MILLS BODYCOMBAT	14:00 ~ 15:00 マットピラティス (中瀬)	13:45 ~ 14:15 LES MILLS BODYCOMBAT
14:00	13:45 ~ 14:30 LES MILLS BODYATTACK	時間変更					14:30 ~ 15:15 LES MILLS DANCE
		14:30 ~ 15:00 LES MILLS BODYBALANCE	14:30 ~ 15:30 LES MILLS BODYCOMBAT	15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS CORE		
15:00	15:00 ~ 15:30 LES MILLS BODYBALANCE					15:30 ~ 16:15 LES MILLS BODYPUMP (中瀬 颯樹)	15:30 ~ 16:00 LES MILLS CORE
16:00	16:00 ~ 16:30 LES MILLS BODYCOMBAT	15:30 ~ 16:00 LES MILLS GRIT CARDIO	16:00 ~ 16:30 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:30 LES MILLS GRIT ATHLETIC		16:30 ~ 17:30 LES MILLS BODYBALANCE
17:00		16:30 ~ 17:00 LES MILLS DANCE				16:45 ~ 17:30 LES MILLS BODYCOMBAT	
	17:00 ~ 17:30 LES MILLS CORE		17:00 ~ 17:30 LES MILLS CORE	17:00 ~ 17:45 LES MILLS BODYCOMBAT	17:00 ~ 17:45 LES MILLS BODYATTACK		
18:00		17:30 ~ 18:00 LES MILLS BODYPUMP				18:00 ~ 18:30 LES MILLS CORE	18:00 ~ 18:30 LES MILLS GRIT ATHLETIC
	18:00 ~ 19:00 KIDS DANCE 超入門クラス (c0co6)	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		
19:00						19:00 ~ 19:30 LES MILLS GRIT CARDIO	19:00 ~ 19:30 LES MILLS BODYCOMBAT
	レッスン・時間変更						
	19:30 ~ 20:30 Let's DANCE (c0co6)	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本 拓実)	19:30 ~ 20:30 楽しくエアロ (円山 可奈子)	19:30 ~ 20:15 LES MILLS DANCE	20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:45 LES MILLS DANCE
20:00		11日は休講のため Virtual BODYCOMBAT	12日は休講のため Virtual BODYATTACK	6日は休講のため Virtual Dance			
21:00		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)		21:15 ~ 22:00 LES MILLS BODYATTACK
22:00	22:00 ~ 22:30 LES MILLS BODYBALANCE			22:00 ~ 22:30 LES MILLS BODYCOMBAT	14日は休講のため Virtual CORE	21:30 ~ 22:30 LES MILLS BODYCOMBAT	
		22:15 ~ 23:00 LES MILLS DANCE	22:15 ~ 23:00 LES MILLS DANCE		22:15 ~ 23:00 LES MILLS BODYCOMBAT		22:30 ~ 23:30 LES MILLS BODYPUMP
23:00	23:00 ~ 23:30 LES MILLS GRIT STRENGTH			23:00 ~ 23:30 LES MILLS DANCE		23:00 ~ 23:30 LES MILLS DANCE	
		23:30 ~ 0:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE		23:30 ~ 0:30 LES MILLS BODYBALANCE		

* 黒塗りはインストラクターによるLIVEレッスンです。
* Lewayoga(レヴァヨガ)はインストラクターの都合により休講となります。