

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS BODYPUMP	0:00 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYPUMP	0:00 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYATTACK
1:00	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYPUMP	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYPUMP	1:00 ~ 1:30 LES MILLS BODYBALANCE
2:00	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 LES MILLS BODYBALANCE	2:00 ~ 2:30 LES MILLS BODYBALANCE	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 LES MILLS BODYPUMP
3:00	3:00 ~ 3:30 LES MILLS BODYCOMBAT	3:00 ~ 3:30 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS BODYCOMBAT	3:00 ~ 3:30 LES MILLS SH'BAM	3:00 ~ 3:30 LES MILLS BODYBALANCE	3:00 ~ 3:30 LES MILLS BODYCOMBAT
4:00	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS BODYBALANCE	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS SH'BAM
5:00	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYATTACK
6:00	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS BODYPUMP	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYPUMP	6:00 ~ 6:30 LES MILLS BODYBALANCE
7:00	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:45 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS SH'BAM
8:00	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:45 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS BODYPUMP
10:00	10:00 ~ 11:00 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS SH'BAM	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 11:00 LES MILLS BODYCOMBAT
11:00			1/12スタート ↓ NEWプログラム				
		★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	11:00 ~ 11:30 バランスボールエクササイズ (水端)	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (和田 美世子)	11:00 ~ 11:30 LES MILLS BODYBALANCE	11:00 ~ 11:30 LES MILLS BODYPUMP	
12:00	11:30 ~ 12:15 LES MILLS BODYBALANCE	↑1/18休講のため LES MILLS BODYBALANCE	↑1/5は LES MILLS SH'BAM		12:00 ~ 12:30 LES MILLS BODYCOMBAT	12:00 ~ 12:30 LES MILLS BODYATTACK	11:30 ~ 12:30 BURN GREY SUPER FLY (有料)
13:00	12:45 ~ 13:30 LES MILLS BODYATTACK	LES MILLS BODYPUMP	13:00 ~ 13:30 LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	13:00 ~ 13:30 LES MILLS SH'BAM	13:00 ~ 13:30 LES MILLS SH'BAM	↑1/2休講のため LES MILLS BODYPUMP
14:00	14:00 ~ 14:45 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS SH'BAM	14:00 ~ 14:30 LES MILLS BODYBALANCE	14:00 ~ 14:30 LES MILLS SH'BAM	14:00 ~ 14:30 LES MILLS BODYPUMP	LES MILLS BODYBALANCE ↓1/1休講のため	14:00 ~ 14:30 LES MILLS SH'BAM
15:00		15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS BODYCOMBAT	15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS BODYATTACK	★ 14:00 ~ 15:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	
16:00	15:30 ~ 16:00 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS BODYPUMP	16:00 ~ 16:30 LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT ↓1/1休講のため 15:30 ~ 16:15 LES MILLS BODYCOMBAT (山口 OR 田邊) 第2・4田邊 第3・5田邊	15:00 ~ 16:00 Lewayogaレヴァヨガ (ハンモックヨガ) ※有料 (宮本まさの)
17:00	16:30 ~ 17:00 LES MILLS BODYPUMP		17:00 ~ 17:30 LES MILLS BODYPUMP	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:30 LES MILLS BODYCOMBAT	16:45 ~ 17:30 LES MILLS SH'BAM	↑1/2・9・16休講のため LES MILLS BODYBALANCE
18:00	17:30 ~ 18:00 LES MILLS BODYBALANCE	LES MILLS BODYPUMP					Lewayogaレヴァヨガ (ハンモックヨガ) ※有料 (宮本まさの)
19:00	18:30 ~ 19:00 LES MILLS BODYATTACK	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:00 ~ 18:45 LES MILLS BODYATTACK	18:00 ~ 18:30 LES MILLS BODYCOMBAT	18:00 ~ 18:45 LES MILLS BODYATTACK		↑1/2・9・16休講のため LES MILLS BODYATTACK
20:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (田邊 or 渡部) 第2・4田邊 第3・5渡部	19:30 ~ 20:15 LES MILLS BODYATTACK (上床 慎太郎)	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 奈穂)	19:00 ~ 19:45 LES MILLS SH'BAM	★ 19:15 ~ 20:15 Hula (フラダンス) (Live/ZOOM併用) (宮本 まさの)	19:00 ~ 19:30 LES MILLS BODYBALANCE	19:00 ~ 19:30 LES MILLS BODYBALANCE
21:00	20:45 ~ 21:30 LES MILLS SH'BAM	★ 20:45 ~ 21:45 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	20:45 ~ 21:45 Lewayogaレヴァヨガ (ハンモックヨガ) ※有料 (宮本まさの)	20:15 ~ 21:00 LES MILLS BODYCOMBAT		20:00 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:30 LES MILLS SH'BAM
22:00	22:00 ~ 22:30 LES MILLS BODYPUMP	↑1/18休講のため LES MILLS BODYBALANCE	↑1/5・12・19休講のため LES MILLS BODYBALANCE	21:30 ~ 22:30 LES MILLS BODYPUMP	★ 20:45 ~ 21:45 YOGA (ヨガ) (Live/ZOOM併用) (戸神 佐知子)	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS BODYATTACK
23:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	22:30 ~ 23:15 LES MILLS SH'BAM	22:30 ~ 23:15 LES MILLS SH'BAM	23:00 ~ 23:45 LES MILLS SH'BAM	22:15 ~ 23:00 LES MILLS SH'BAM	23:00 ~ 23:30 LES MILLS SH'BAM	22:00 ~ 22:30 LES MILLS BODYPUMP
					23:30 ~ 0:30 LES MILLS BODYCOMBAT		23:00 ~ 23:30 LES MILLS BODYCOMBAT

黒塗りはインストラクターによるLiveレッスン ☆はLiveとZOOMリモートの併用レッスンです