

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS SH'BAM	0:00 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:45 LES MILLS BODYPUMP	0:00 ~ 0:45 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS BODYBALANCE	0:00 ~ 0:30 LES MILLS BODYPUMP
1:00	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:45 LES MILLS BODYCOMBAT	1:15 ~ 2:00 LES MILLS BODYBALANCE	1:15 ~ 2:00 LES MILLS SH'BAM	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS SH'BAM	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 LES MILLS BODYPUMP	2:15 ~ 2:45 LES MILLS SH'BAM	2:30 ~ 3:00 LES MILLS BODYATTACK	2:30 ~ 3:00 LES MILLS GRIT CARDIO	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 LES MILLS GRIT ATHLETIC
3:00	3:00 ~ 3:30 LES MILLS SH'BAM	3:15 ~ 3:45 LES MILLS BODYPUMP	3:30 ~ 4:00 LES MILLS CORE	3:30 ~ 4:00 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS barre	3:00 ~ 3:30 LES MILLS GRIT STRENGTH	3:00 ~ 3:30 LES MILLS BODYCOMBAT
4:00	4:00 ~ 4:30 LES MILLS BODYATTACK	4:15 ~ 4:45 LES MILLS BODYBALANCE	4:30 ~ 5:00 LES MILLS SH'BAM	4:30 ~ 5:00 LES MILLS BODYCOMBAT	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS barre	4:00 ~ 4:30 LES MILLS SH'BAM
5:00	5:00 ~ 5:30 LES MILLS CORE	5:15 ~ 5:45 LES MILLS BODYATTACK	5:30 ~ 6:00 LES MILLS BODYCOMBAT	5:30 ~ 6:00 LES MILLS BODYBALANCE	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS BODYBALANCE
6:00	6:00 ~ 6:30 LES MILLS GRIT CARDIO	6:15 ~ 6:45 LES MILLS BODYCOMBAT	6:30 ~ 7:00 LES MILLS barre	6:30 ~ 7:00 LES MILLS GRIT STRENGTH	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 LES MILLS BODYPUMP
7:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:15 ~ 8:00 LES MILLS SH'BAM	7:30 ~ 8:00 LES MILLS BODYPUMP	7:30 ~ 8:15 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 8:00 LES MILLS BODYATTACK
8:00	8:00 ~ 8:30 LES MILLS SH'BAM	8:30 ~ 9:00 LES MILLS CORE	8:30 ~ 9:15 LES MILLS BODYBALANCE	8:45 ~ 9:15 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:30 ~ 9:00 LES MILLS CORE
9:00	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:30 ~ 10:15 LES MILLS BODYATTACK	9:45 ~ 10:30 LES MILLS SH'BAM	9:45 ~ 10:15 LES MILLS CORE	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS SH'BAM	9:30 ~ 10:00 LES MILLS BODYBALANCE
10:00	10:00 ~ 10:30 LES MILLS BODYATTACK	10:45 ~ 11:45 LES MILLS BODYCOMBAT	11:00 ~ 12:00 ★ ビギナーヨガ (Mai)	10:45 ~ 11:15 LES MILLS BODYBALANCE	11:00 ~ 12:00 ★ デトックスヨガ (Mai)	11:00 ~ 12:00 ★ ハタヨガベーシック (橋本)	10:30 ~ 11:15 LES MILLS BODYCOMBAT
11:00	11:00~12:00 ★ Hula (YUKARI)	12:15 ~ 12:40 LES MILLS CORE	12:30 ~ 13:30 LES MILLS BODYATTACK	11:45 ~ 12:45 LES MILLS BODYPUMP	12:30 ~ 13:15 LES MILLS BODYBALANCE	12:30 ~ 13:30 LES MILLS BODYCOMBAT	11:45 ~ 12:30 LES MILLS BODYATTACK
12:00	↑第2・4 LES MILLS BODYCOMBAT	13:15 ~ 13:45 LES MILLS barre	14:00~15:00 ★ Hula (YUKARI)	13:15 ~ 14:00 LES MILLS BODYATTACK	13:45 ~ 14:30 LES MILLS BODYPUMP	14:00 ~ 15:00 LeAL (リアル) HIGH エアリアルYOGA※有料 (Chica)	13:00 ~ 13:30 LES MILLS GRIT STRENGTH
13:00	12:30 ~ 13:30 LES MILLS BODYCOMBAT	15:15 ~ 16:15 ★ 美姿勢ヨガ (Chica)	15:30 ~ 16:15 LES MILLS BODYBALANCE	14:30 ~ 15:00 LES MILLS GRIT ATHLETIC	15:00 ~ 15:30 LES MILLS BODYATTACK	15:30 ~ 16:30 LeAL (リアル) LOW エアリアルYOGA※有料 (Chica)	14:00 ~ 15:00 LES MILLS BODYPUMP
14:00	14:00 ~ 14:30 LES MILLS BODYATTACK	16:45 ~ 17:45 Kidsエクササイズ P K X y (ピクシー) (Chica)	16:45 ~ 17:30 LES MILLS BODYPUMP	16:30 ~ 17:00 LES MILLS SH'BAM	16:00 ~ 16:30 LES MILLS GRIT CARDIO	17:00 ~ 17:30 LES MILLS CORE	16:45 ~ 17:30 LES MILLS BODYCOMBAT
15:00	15:00 ~ 15:30 LES MILLS CORE	18:00 ~ 18:45 時間拡大	18:00 ~ 18:45 LES MILLS BODYCOMBAT	17:30 ~ 18:00 LES MILLS BODYPUMP	17:00 ~ 17:30 LES MILLS BODYCOMBAT	18:00 ~ 18:45 LES MILLS BODYATTACK (Chica)	18:00 ~ 18:30 LES MILLS GRIT ATHLETIC
16:00	16:00 ~ 16:30 LES MILLS SH'BAM	18:15 ~ 19:00 LES MILLS BODYBALANCE	19:15 ~ 20:00 LES MILLS BODYATTACK (上床)	18:30 ~ 19:00 LES MILLS BODYATTACK	18:00 ~ 18:45 LES MILLS SH'BAM	19:15 ~ 20:00 LES MILLS BODYCOMBAT (田邊)	18:00 ~ 18:45 LES MILLS BODYPUMP (Chica)
17:00	17:00 ~ 17:30 LES MILLS BODYBALANCE	20:30 ~ 21:00 LES MILLS CORE	20:30 ~ 21:00 LES MILLS CORE	19:30 ~ 20:30 ★ 全身フローヨガ & ストレッチ (和田)	19:15 ~ 20:00 LES MILLS BODYCOMBAT	19:15 ~ 20:15 LES MILLS BODYBALANCE	19:00 ~ 19:30 LES MILLS BODYBALANCE
18:00	18:00 ~ 18:45 LES MILLS BODYPUMP	20:45 ~ 21:30 LES MILLS BODYCOMBAT	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:00 ~ 22:00 LES MILLS BODYCOMBAT	20:30 ~ 21:15 ★ ハタヨガベーシック (橋本)	20:45 ~ 21:45 LES MILLS BODYATTACK	18:00 ~ 18:30 LES MILLS barre
19:00	19:15 ~ 20:15 LeAL (リアル) HIGH エアリアルYOGA※有料 (Chica)	22:00 ~ 22:30 LES MILLS BODYPUMP	22:00 ~ 22:30 LES MILLS BODYPUMP	21:45 ~ 22:30 LES MILLS SH'BAM	↑5/27は休講のため、ハ・チ+BODYBALANCEに変更	22:15 ~ 23:00 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS SH'BAM
20:00	20:45 ~ 21:45 LeAL (リアル) LOW エアリアルYOGA※有料 (Chica)	22:15 ~ 22:45 LES MILLS BODYATTACK	23:00 ~ 23:45 LES MILLS SH'BAM	22:30 ~ 23:00 LES MILLS SH'BAM	21:45 ~ 22:30 LES MILLS SH'BAM	23:00 ~ 23:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT
21:00	22:00 ~ 22:30 LES MILLS BODYPUMP	23:00 ~ 23:45 LES MILLS SH'BAM	23:00 ~ 23:45 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS GRIT ATHLETIC	23:30 ~ 0:30 LES MILLS BODYPUMP	23:00 ~ 23:30 LES MILLS BODYATTACK
22:00	22:15 ~ 22:45 LES MILLS BODYATTACK	23:00 ~ 23:45 LES MILLS SH'BAM	23:00 ~ 23:45 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS GRIT ATHLETIC	23:30 ~ 0:30 LES MILLS BODYPUMP	23:00 ~ 23:30 LES MILLS BODYATTACK
23:00	23:15 ~ 23:45 LES MILLS BODYCOMBAT	23:00 ~ 23:45 LES MILLS SH'BAM	23:00 ~ 23:45 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS GRIT ATHLETIC	23:30 ~ 0:30 LES MILLS BODYPUMP	23:00 ~ 23:30 LES MILLS BODYATTACK

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

【2nd STUDIO】

LeXy 拳闘部 (ミットを使用した少人数制ボクササイズレッスンです) ※事前予約制、レンタルグローブ代: 550円

●5/8 (日) 18:00~18:45 ●5/13 (金) 20:30~21:15 ●5/16 (月) 20:30~21:15 ●5/22 (日) 18:00~18:45