

	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	23:30 ~ 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 GRIT CARDIO	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 CORE	2:00 ~ 2:30 GRIT ATHLETIC
3:00	3:00 ~ 3:30 LES MILLS SH'BAM	3:15 ~ 3:45 LES MILLS BODYPUMP	3:30 ~ 4:00 CORE	3:30 ~ 4:00 LES MILLS BODYATTACK	3:00 ~ 3:30 barre	3:00 ~ 3:30 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 barre	4:00 ~ 4:30 LES MILLS SH'BAM
5:00	5:00 ~ 5:30 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 GRIT CARDIO	6:15 ~ 6:45 LES MILLS BODYCOMBAT	6:30 ~ 7:00 barre	6:30 ~ 7:00 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 ~ 7:30 CORE
8:00	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:30 ~ 9:00 CORE	8:30 ~ 9:15 LES MILLS BODYBALANCE	9:00 ~ 10:00 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:45 LES MILLS SH'BAM	9:30 ~ 10:15 LES MILLS BODYATTACK	9:45 ~ 10:30 LES MILLS SH'BAM	10:30 ~ 11:15 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS SH'BAM	9:15 ~ 10:00 LES MILLS SH'BAM
10:00	10:00 ~ 10:30 LES MILLS BODYPUMP	10:45 ~ 11:45 LES MILLS BODYCOMBAT	11:00 ~ 12:00 リラックスヨガ (Ryoma)	11:45 ~ 12:45 LES MILLS BODYPUMP	11:00 ~ 12:00 体ほくしヨガ (MIYAKO)	11:00 ~ 11:30 LES MILLS BODYATTACK (橋本) ↑11日 レッスン変更&代行 BODYCOMBAT : Chica	11:00 ~ 11:45 LES MILLS BODYCOMBAT (chica)
11:00	↓第1・3 ↓第2・4 11:00~11:45 11:00~12:00 LES MILLS SH'BAM Hula (YUKARI)	12:15 ~ 12:45 LES MILLS BODYPUMP	12:30 ~ 13:30 LES MILLS BODYATTACK	13:15 ~ 14:00 LES MILLS BODYCOMBAT	12:30 ~ 13:00 LES MILLS SH'BAM	12:00 ~ 13:00 ハタヨガベーシック (橋本) ↑4日・11日 代行: Chica	12:15 ~ 12:45 CORE
12:00	12:30 ~ 13:30 LES MILLS BODYBALANCE	13:15 ~ 13:45 CORE	14:00~15:00 14:00~14:45 ↓第1・3・5 ↓第2・4 Hula (YUKARI) LES MILLS SH'BAM	14:30 ~ 15:00 GRIT ATHLETIC	14:45 ~ 15:30 LES MILLS BODYPUMP	13:30 ~ 14:00 LES MILLS SH'BAM	↓第1・3 ↓第2・4 14:00~15:00 14:00~14:45 LES MILLS BODYPUMP LES MILLS BODYPUMP (大版)
13:00	14:00 前日までにご予約下さい 有料 LeAL (リアル) エアリアルYOGA (Chica)	14:15 ~ 14:45 barre	15:30 ~ 16:15 LES MILLS BODYBALANCE	15:30 ~ 16:00 LES MILLS BODYBALANCE	16:00 ~ 16:30 GRIT CARDIO	14:30 ~ 15:00 LES MILLS BODYCOMBAT	15:30~16:15 15:30~16:15 LES MILLS SH'BAM LES MILLS SH'BAM (吉田) ↑第1・3 ↑第2・4
14:00	15:15 ~ 16:15 美姿勢ヨガ (Chica)	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	17:00 ~ 17:30 LES MILLS BODYCOMBAT	17:00 ~ 17:30 CORE	16:45 ~ 17:15 LES MILLS BODYBALANCE
15:00	17:00 ~ 17:30 LES MILLS BODYBALANCE	18:15 ~ 19:00 LES MILLS BODYBALANCE	18:00 ~ 18:45 LES MILLS SH'BAM	17:30 ~ 18:00 LES MILLS BODYPUMP	18:00 ~ 18:45 LES MILLS BODYBALANCE	18:00 ~ 18:45 LES MILLS BODYPUMP	17:45 ~ 18:30 LES MILLS BODYCOMBAT
16:00	18:00 ~ 18:45 LES MILLS BODYPUMP	19:00 ~ 19:45 LES MILLS BODYCOMBAT (天野)	19:00 ~ 19:45 LES MILLS BODYCOMBAT	19:30 ~ 20:00 体幹エクササイズ (MIYAKO)	19:15 ~ 20:00 LES MILLS SH'BAM LES MILLS BODYCOMBAT (吉田) (山口) ↑第3 ↑第2・4 ※3日(祝) VirtualISH™ BAM	19:15 ~ 20:15 LES MILLS BODYBALANCE	19:00 ~ 19:30 barre
17:00	19:15~20:15 19:15~20:00 ヨガ (橋本) (Chica)	19:30 ~ 20:15 LES MILLS BODYPUMP (Chica)	20:00 ~ 20:45 LeXy拳闘部 (松井) ↑毎週開催! お早めにご予約下さい♪	20:15 ~ 20:45 ストレッチヨガ (MIYAKO)	20:30 ~ 21:15 LES MILLS BODYPUMP	20:45 ~ 21:45 LES MILLS BODYATTACK	20:00 ~ 20:30 CORE
18:00	20:30 ~ 21:15 LES MILLS SH'BAM	20:45 ~ 21:30 LES MILLS BODYCOMBAT	21:30 ~ 22:30 LES MILLS BODYPUMP	21:15 ~ 22:00 LES MILLS BODYCOMBAT	21:45 ~ 22:30 LES MILLS SH'BAM	22:15 ~ 23:00 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS SH'BAM
19:00	21:45 ~ 22:30 LES MILLS BODYATTACK	22:00 ~ 22:30 LES MILLS BODYBALANCE	23:00 ~ 23:45 LES MILLS SH'BAM	22:30 ~ 23:00 LES MILLS SH'BAM	23:00 ~ 23:30 GRIT ATHLETIC	23:00 ~ 23:30 LES MILLS BODYATTACK	22:00 ~ 22:30 LES MILLS BODYCOMBAT
20:00	23:00 ~ 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 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Virtual(映像)レッスン 有料は別料金のレッスンです

【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、参加費：550円、レンタルグローブ代：550円

【水曜20:00~】1日、8日、15日、22日、29日