

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS DANCE	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	23:15 ~ 0:15
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 DANCE	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYPUMP	0:45 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 LES MILLS BODYPUMP	2:15 ~ 2:45 LES MILLS DANCE	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 BODYCOMBAT	3:15 ~ 3:45 LES MILLS BODYPUMP	3:30 ~ 4:00 LES MILLS CORE	3:30 ~ 4:00 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS CORE	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 DANCE	4:30 ~ 5:00 LES MILLS BODYCOMBAT	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS DANCE	4:00 ~ 4:30 LES MILLS DANCE
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 BODYATTACK	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 BODYATTACK	6:30 ~ 7:00 LES MILLS GRIT STRENGTH	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS BODYPUMP
7:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:15 ~ 8:00 LES MILLS DANCE	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 LES MILLS CORE
8:00	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:30 ~ 9:00 LES MILLS CORE	8:30 ~ 9:15 LES MILLS BODYBALANCE	9:00 ~ 10:00 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS CORE	8:00 ~ 8:30 LES MILLS BODYPUMP	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:45 LES MILLS DANCE	9:30 ~ 10:30 LES MILLS BODYBALANCE	9:45 ~ 10:30 LES MILLS DANCE	10:30 ~ 11:15 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS DANCE	9:15 ~ 10:00 LES MILLS DANCE
10:00	10:00 ~ 10:30 LES MILLS BODYATTACK	10:30 ~ 11:00 LES MILLS BODYATTACK	11:00 ~ 11:45 Hula (花井 ゆか)	11:45 ~ 12:45 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS DANCE	10:00 ~ 10:30 LES MILLS BODYATTACK	10:15 ~ 10:45 LES MILLS BODYCOMBAT
11:00	11:00 ~ 11:45 Hula (花井 ゆか)	11:00 ~ 12:00 はじめてのSTYLE JAZZ (HAZUKI)	11:00 ~ 12:00 リラックスヨガ (Ryoma)	11:00 ~ 11:45 体ほくしヨガ (MIYAKO)	11:00 ~ 11:45 体ほくしヨガ (MIYAKO)	11:00 ~ 11:45 LES MILLS BODYCOMBAT	11:00 ~ 12:00 LeAL (リアル) エアリアルYOGA (Chica)
12:00	12:00 ~ 13:00 LES MILLS BODYBALANCE	12:30 ~ 13:00 LES MILLS BODYPUMP	12:30 ~ 13:30 LES MILLS BODYATTACK	12:00 ~ 12:30 Balletone (MIYAKO)	12:00 ~ 12:30 Balletone (MIYAKO)	12:15 ~ 13:15 ハタベーシック (橋本) シンプルヨガ (Chica)	12:30 ~ 13:00 LES MILLS CORE
13:00	13:15 ~ 13:45 LES MILLS BODYPUMP	13:15 ~ 13:45 LES MILLS CORE	14:00 ~ 14:45 LES MILLS DANCE	13:00 ~ 13:45 LES MILLS BODYCOMBAT	13:15 ~ 14:15 LES MILLS BODYBALANCE	13:45 ~ 14:15 LES MILLS DANCE	13:30 ~ 14:30 LES MILLS BODYBALANCE
14:00	14:00 ~ 15:00 LeAL (リアル) エアリアルYOGA (Chica)	14:15 ~ 14:45 LES MILLS BODYCOMBAT	14:00 ~ 14:45 LES MILLS DANCE	14:00 ~ 15:00 LES MILLS BODYBALANCE	14:30 ~ 15:30 LES MILLS BODYPUMP	14:30 ~ 15:00 LES MILLS BODYATTACK	14:45 ~ 15:45 LES MILLS BODYPUMP
15:00	15:15 ~ 15:45 LES MILLS DANCE	15:15 ~ 16:15 美姿勢ヨガ (Chica)	15:30 ~ 16:15 LES MILLS BODYBALANCE	15:30 ~ 16:00 LES MILLS CORE	16:00 ~ 16:30 LES MILLS GRIT CARDIO	16:30 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:45 LES MILLS DANCE
16:00	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:45 ~ 17:45 Kidsダンス P K X y (ヒクシー) (Chica)	16:45 ~ 17:30 LES MILLS BODYPUMP	16:30 ~ 17:00 LES MILLS DANCE	17:00 ~ 17:30 LES MILLS BODYCOMBAT	17:00 ~ 17:30 LES MILLS CORE	17:00 ~ 17:30 LES MILLS BODYATTACK
17:00	17:00 ~ 18:00 KidsDANCE (daaya)	18:15 ~ 19:00 LES MILLS BODYBALANCE	18:00 ~ 18:30 LES MILLS BODYCOMBAT	17:30 ~ 18:00 LES MILLS BODYPUMP	18:00 ~ 19:00 KidsDANCE (HAZUKI)	18:00 ~ 18:45 LES MILLS BODYPUMP	17:45 ~ 18:30 LES MILLS BODYCOMBAT
18:00	18:15 ~ 19:00 LES MILLS BODYBALANCE	19:00 ~ 19:45 LES MILLS DANCE (吉田)	19:00 ~ 19:45 LES MILLS DANCE (吉田)	19:30 ~ 20:15 Night yoga (アト&リックス) (MIYAKO)	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口)	19:15 ~ 19:45 LES MILLS BODYATTACK	19:00 ~ 19:30 LES MILLS CORE
19:00	19:15 ~ 20:00 LES MILLS BODYATTACK (橋本)	19:30 ~ 20:15 LES MILLS BODYPUMP (Chica)	20:00 ~ 20:45 LeXy拳闘部 (松井)	20:30 ~ 21:00 LES MILLS DANCE	20:45 ~ 21:15 LES MILLS BODYPUMP	20:00 ~ 21:00 LES MILLS BODYBALANCE	20:00 ~ 20:30 LES MILLS BODYPUMP
20:00	20:30 ~ 21:15 LES MILLS DANCE	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 DANCE	21:15 ~ 22:00 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS DANCE
21:00	21:45 ~ 22:30 LES MILLS BODYATTACK	22:00 ~ 22:30 LES MILLS BODYBALANCE	22:00 ~ 22:30 LES MILLS BODYBALANCE	22:30 ~ 23:00 LES MILLS BODYBALANCE	22:30 ~ 23:00 LES MILLS BODYBALANCE	22:15 ~ 22:45 LES MILLS DANCE	22:00 ~ 22:30 LES MILLS BODYCOMBAT
22:00	23:00 ~ 23:45 LES MILLS BODYCOMBAT	23:00 ~ 23:45 LES MILLS DANCE	23:00 ~ 23:45 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS GRIT ATHLETIC	23:15 ~ 0:15 LES MILLS BODYPUMP	23:00 ~ 23:30 LES MILLS BODYATTACK
23:00	23:00 ~ 23:45 LES MILLS BODYCOMBAT	23:00 ~ 23:45 LES MILLS DANCE	23:00 ~ 23:45 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS GRIT ATHLETIC	23:15 ~ 0:15 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】 (ミットを使用したボクササイズレッスン) ※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～】毎週

【LeXy ボルダリング部】 (ボルダリングレッスン) ※事前予約制、参加費：ボルダリングルーム使用料、レンタルシューズ代：330円

【月曜19：00/Chica】10日、17日 【土曜13：30】(橋本)1日、22日 (Chica)8日、15日 【日曜12：30/Chica】毎週