



# LeXy Fit 高茶屋 STUDIO Program

2025/5/27~6/19

	月 MON	火 TUE	水 WED	金 FRI	土 SAT	日 SUN
11:00						
	11:15 ~ 11:45 LES MILLS <b>DANCE</b>	11:15 ~ 11:45 LES MILLS <b>BODYCOMBAT</b>	11:15 ~ 11:45 LES MILLS <b>BODYBALANCE</b>	11:15 ~ 11:45 LES MILLS <b>CORE</b>	11:15 ~ 11:45 LES MILLS <b>BODYATTACK</b>	11:15 ~ 11:45 LES MILLS <b>BODYCOMBAT</b>
12:00						12:00 ~ 12:45 LES MILLS <b>DANCE</b>
	12:15 ~ 12:45 LES MILLS <b>BODYATTACK</b>	12:15 ~ 12:45 LES MILLS <b>DANCE</b>	12:15 ~ 13:00 LES MILLS <b>BODYATTACK</b>	12:15 ~ 12:45 LES MILLS <b>GRIT   ATHLETIC</b>	12:15 ~ 12:45 LES MILLS <b>BODYBALANCE</b>	
13:00					13:00 ~ 13:45 LES MILLS <b>DANCE</b>	13:00 ~ 13:45 LES MILLS <b>BODYBALANCE</b>
	13:15 ~ 13:45 LES MILLS <b>BODYPUMP</b>	13:15 ~ 14:15 LES MILLS <b>BODYBALANCE</b>	13:30 ~ 14:00 LES MILLS <b>BODYCOMBAT</b>	13:15 ~ 13:45 LES MILLS <b>BODYCOMBAT</b>		
14:00					14:00 ~ 14:30 LES MILLS <b>GRIT   CARDIO</b>	14:00 ~ 14:30 LES MILLS <b>BODYPUMP</b>
	14:15 ~ 14:45 LES MILLS <b>GRIT   CARDIO</b>		14:30 ~ 15:00 LES MILLS <b>GRIT   STRENGTH</b>	14:15 ~ 14:45 LES MILLS <b>BODYPUMP</b>		
15:00		14:45 ~ 15:15 LES MILLS <b>BODYATTACK</b>			15:00 ~ 15:30 LES MILLS <b>BODYPUMP</b>	15:00 ~ 15:30 LES MILLS <b>DANCE</b>
	15:15 ~ 15:45 LES MILLS <b>BODYCOMBAT</b>		15:30 ~ 16:00 LES MILLS <b>DANCE</b>	15:15 ~ 15:45 LES MILLS <b>BODYBALANCE</b>		
16:00		15:45 ~ 16:30 LES MILLS <b>CORE</b>			16:00 ~ 16:30 LES MILLS <b>BODYCOMBAT</b>	16:00 ~ 16:30 LES MILLS <b>GRIT   ATHLETIC</b>
	16:15 ~ 16:45 LES MILLS <b>CORE</b>		16:30 ~ 17:15 LES MILLS <b>BODYPUMP</b>	16:15 ~ 17:00 LES MILLS <b>DANCE</b>		
17:00		17:00 ~ 17:30 LES MILLS <b>BODYPUMP</b>			17:00 ~ 17:30 LES MILLS <b>BODYBALANCE</b>	17:00 ~ 17:30 LES MILLS <b>BODYATTACK</b>
	17:15 ~ 18:00 LES MILLS <b>BODYBALANCE</b>		17:45 ~ 18:30 LES MILLS <b>BODYBALANCE</b>	17:30 ~ 18:15 LES MILLS <b>BODYATTACK</b>		
18:00		18:00 ~ 18:30 LES MILLS <b>BODYCOMBAT</b>			18:00 ~ 18:30 LES MILLS <b>CORE</b>	18:00 ~ 18:30 LES MILLS <b>BODYCOMBAT</b>
	18:30 ~ 19:30 LES MILLS <b>BODYCOMBAT</b>		19:00 ~ 19:30 LES MILLS <b>BODYCOMBAT</b>	18:45 ~ 19:30 LES MILLS <b>CORE</b>		
19:00		19:00 ~ 19:30 LES MILLS <b>DANCE</b>			19:00 ~ 19:30 LES MILLS <b>GRIT   CARDIO</b>	19:00 ~ 19:30 LES MILLS <b>DANCE</b>
20:00						