



LeXy Fit 高茶屋 STUDIO Program

2025年10月

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00							
WS	0:00 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYPUMP	0:00 ~ 0:30 LES MILLS GRIT CARDIO	23:30 ~ 0:30 LES MILLS BODYBALANCE	0:00 ~ 0:30 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS CORE
1:00							
	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS CORE	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS GRIT STRENGTH	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00							
	2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 LES MILLS DANCE	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYPUMP	2:00 ~ 2:30 LES MILLS BODYBALANCE
3:00							
	3:00 ~ 3:30 LES MILLS GRIT ATHLETIC	3:00 ~ 3:30 LES MILLS GRIT CARDIO	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS GRIT CARDIO	3:00 ~ 3:30 LES MILLS GRIT ATHLETIC	3:00 ~ 3:30 LES MILLS BODYCOMBAT	3:00 ~ 3:30 LES MILLS BODYPUMP
4:00							
	4:00 ~ 4:30 LES MILLS DANCE	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 LES MILLS BODYBALANCE	4:00 ~ 4:30 LES MILLS DANCE	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 LES MILLS DANCE
5:00							
	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS DANCE	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS CORE	5:00 ~ 5:30 LES MILLS GRIT CARDIO	5:00 ~ 5:30 LES MILLS GRIT CARDIO
6:00							
	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS GRIT STRENGTH	6:00 ~ 6:30 LES MILLS CORE	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS DANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT
7:00							
	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYPUMP	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 DANCE
8:00							
	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS DANCE	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS DANCE	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00							
	9:00 ~ 9:30 LES MILLS CORE	9:00 ~ 9:30 LES MILLS GRIT ATHLETIC	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS DANCE	9:15 ~ 10:00 LES MILLS CORE	9:00 ~ 9:30 LES MILLS DANCE	9:15 ~ 10:00 LES MILLS CORE
10:00							
	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYATTACK	10:30 ~ 11:00 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS CORE	10:30 ~ 11:30 LES MILLS BODYCOMBAT
11:00							
	11:00 ~ 12:00 LES MILLS GRIT CARDIO	11:00 ~ 12:00 ヨガビギナー (RYOMA)	11:00 ~ 11:30 LES MILLS BODYPUMP	11:00 ~ 11:45 LES MILLS BODYBALANCE	11:30 ~ 12:00 LES MILLS BODYATTACK	11:00 ~ 12:00 ヨガストレッチ (Chica)	LES MILLS BODYCOMBAT
12:00							
	12:00 ~ 12:30 LES MILLS BODYBALANCE		12:00 ~ 12:30 LES MILLS CORE	12:00 ~ 12:30 LES MILLS GRIT ATHLETIC		↑ 4日休講の為、 Virtual BODYBALANCEに変更	12:00 ~ 13:00 LES MILLS BODYPUMP
13:00							
	13:00 ~ 13:30 LES MILLS BODYATTACK	12:30 ~ 13:15 LES MILLS CORE	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYBALANCE	12:30 ~ 13:15 LES MILLS DANCE	
14:00							
	14:00 ~ 15:00 楽しくダンス (HAZUKI)	13:45 ~ 14:30 LES MILLS DANCE	14:00 ~ 15:00 リフレッシュヨガ (戸神 佐知子)	14:00 ~ 14:30 LES MILLS CORE	13:45 ~ 14:30 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS BODYATTACK	13:30 ~ 14:15 LES MILLS CORE
15:00							
		15:00 ~ 15:30 LES MILLS BODYBALANCE		15:00 ~ 15:30 LES MILLS BODYPUMP	15:00 ~ 15:30 LES MILLS CORE	隔週 15:00 ~ 15:45 LES MILLS BODYPUMP LES MILLS BODYCOMBAT (Chica) (山口)	14:30 ~ 15:15 LES MILLS DANCE
16:00							
	15:30 ~ 16:00 LES MILLS CORE		15:30 ~ 16:15 LES MILLS DANCE			4日、18日・・・COMBAT 11日、25日・・・PUMP	15:30 ~ 16:15 LES MILLS BODYATTACK
17:00							
	16:30 ~ 17:15 LES MILLS BODYCOMBAT	16:00 ~ 17:00 LES MILLS BODYCOMBAT	16:45 ~ 17:30 LES MILLS CORE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS GRIT CARDIO	16:15 ~ 16:45 LES MILLS BODYBALANCE	16:45 ~ 17:30 LES MILLS BODYBALANCE
18:00							
	17:45 ~ 18:30 LES MILLS BODYPUMP	17:30 ~ 18:00 LES MILLS BODYPUMP		17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:30 LES MILLS BODYPUMP	17:15 ~ 17:45 LES MILLS GRIT CARDIO	
19:00							
		18:30 ~ 19:00 LES MILLS CORE	18:00 ~ 19:00 KIDS DANCE (HAZUKI)	18:00 ~ 19:00 LES MILLS BODYATTACK	18:00 ~ 18:30 体幹エクササイズ (staff)	18:15 ~ 18:45 LES MILLS CORE	18:00 ~ 19:00 LES MILLS BODYPUMP 拳闘部 (松井)
20:00							
	19:00 ~ 19:45 エナジーフローヨガ (MIYAKO)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本 拓実)	18日休講の為、 Virtual BODYBALANCEに変更	19:30 ~ 20:30 簡単エアロ (円山 可奈子)	19:00 ~ 19:45 LES MILLS DANCE (吉田 蒼菜)	19:15 ~ 19:45 LES MILLS DANCE	112日のみ拳闘部 (*有料、予約制)
21:00							
	↑ 13日休講の為、 Virtual BODYBALANCEに変更			20:00 ~ 20:45 LES MILLS BODYCOMBAT (野田 泰弘)	20:00 ~ 20:45 LES MILLS BODYCOMBAT (野田 泰弘)	20:15 ~ 21:00 LES MILLS BODYPUMP	19:30 ~ 20:15 LES MILLS DANCE
	20:15 ~ 21:00 LES MILLS DANCE	20:45 ~ 21:15 LES MILLS BODYBALANCE	21:00 ~ 21:45 LES MILLS BODYPUMP	20:45 ~ 21:15 LES MILLS CORE	↑ 17日休講のためVirtualに変更		20:30 ~ 21:00 LES MILLS GRIT ATHLETIC
22:00							
	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:45 ~ 22:30 LES MILLS BODYCOMBAT		21:45 ~ 22:30 LES MILLS BODYPUMP	21:00 ~ 21:45 LES MILLS BODYBALANCE	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:30 ~ 22:00 LES MILLS BODYATTACK
23:00							
	23:00 ~ 23:30 LES MILLS GRIT STRENGTH	23:00 ~ 23:30 LES MILLS BODYPUMP	22:15 ~ 23:00 LES MILLS DANCE	23:00 ~ 23:30 LES MILLS DANCE	22:15 ~ 23:00 LES MILLS DANCE	23:00 ~ 23:30 LES MILLS DANCE	22:30 ~ 23:30 LES MILLS BODYPUMP
			23:30 ~ 0:30 LES MILLS BODYBALANCE		23:30 ~ 0:30 LES MILLS BODYATTACK		

* 黒塗りはインストラクターによるLIVEレッスンです。