

2025年10月

		_					
	月 MON	火 TUE	水 WED	木 THU	金 FRI	± SAT	⊟ SUN
0:00	0100 - 0120	0.00 . 0.00	0,00 - 0,00	00.00	0,00	02/20 - 0/20	0.00
WS	0:00 ~ 0:30 LESMILLS BODYCOMBAT	0:00 ~ 0:30 LESMILLS BODYPUMP	O GRIT CARDIO	23:30 ~ 0:30 LESMILLS BODYBALANCE	0:00 ~ 0:30 LESMILLS BODYBALANCE	23:30 ~ 0:30 LESMILLS BODYATTACK	0:00 ~ 0:30 OCORE
1-00							
1:00	1:00 ~ 1:30	1:00 ~ 1:30	1:00 ~ 1:30	D LESMILLS BODYATTACK	1:00 ~ 1:30	1:00 ~ 1:30	1:00 ~ 1:30
	O BODYATTACK	EesMILLS BODYBALANCE	O CORE	O BODYATTACK	O BODYATTACK	O GRIT STRENGTH	● BODYATTACK
2:00							
	2:00 ~ 2:30 OCORE	2:00 ~ 2:30 LesMILLS	2:00 ~ 2:30 LESMILLS BODYCOMBAT	2:00 ~ 2:30 LESMILLS BODYCOMBAT	2:00 ~ 2:30 LESMILLS BODYCOMBAT	2:00 ~ 2:30 LESMILLS BODYPUMP	2:00 ~ 2:30 DESMILLS BODYBALANCE
	OCORE	DANCE	O BODICOMBAI	BODYCOMBAI	О ворісомымі	ВООТРОМР	BODYBALANCE
3:00	3:00 ~ 3:30	3:00 ~ 3:30	3:00 ~ 3:30	3:00 ~ 3:30	3:00 ~ 3:30	3:00 ~ 3:30	3:00 ~ 3:30
	O GRIT ATHLETIC	O GRIT CARDIO	3:00 ~ 3:30 LESMILLS BODYATTACK	O GRIT CARDIO	⊙ GRIT ATHLETIC	D BODYCOMBAT	D BODYPUMP
4.00							
4:00	4:00 ~ 4:30	4:00 ~ 4:30	4:00 ~ 4:30	4:00 ~ 4:30	4:00 ~ 4:30	4:00 ~ 4:30	4:00 ~ 4:30
	DANCE	⊙ CÖRE	D BODYBALANCE	DANCE	○ BODYPUMP	○CORE	DANCE
5:00							
0.00	5:00 ~ 5:30 LESMILLS BODYPUMP	5:00 ~ 5:30 Lesmils BODYATTACK	5:00 ~ 5:30 • DANCE	5:00 ~ 5:30 LESMILLS BODYPUMP	5:00 ~ 5:30 OCORE	5:00 ~ 5:30 O GRIT CARDIO	5:00 ~ 5:30 OGRIT CARDIO
	О ВОДУРИМР	O BODYAI IACK	ODANCE	O BODTPUMP	OCORE	O GRIT SANSIS	GRIT
6:00	6:00 ~ 6:30	6:00 ~ 6:30	6:00 ~ 6:30	6:00 ~ 6:30	6:00 ~ 6:30	6:00 - 6:20	6:00 ~ 6:30
	BODYBALANCE	D LESMILLS BODYCOMBAT	OGRIT STRENGTH	O CORE	D LESMILLS BODYBALANCE	6:00 ~ 6:30 LesMills	BODYCOMBAT
7.00							
7:00	7:00 ~ 7:30	7:00 ~ 7:30	7:00 ~ 7:30	7:00 ~ 7:30	7:00 ~ 7:30	7:00 ~ 7:30	7:00 ~ 7:30
	7:00 ~ 7:30 LESMILLS BODYATTACK	O BODYBALANCE	O BODYPUMP	O BODYBALANCE	O BODYCOMBAT	O BODYATTACK	O DANCE
8:00							
0.00	8:00 ~ 8:30 LESMILLS BODYCOMBAT	8:00 ~ 8:30 DANCE	8:00 ~ 8:30 Lesmills BODYBALANCE	8:00 ~ 8:30 LESMILLS BODYCOMBAT	8:00 ~ 8:45	8:00 ~ 8:30 LESMILLS BODYBALANCE	8:00 ~ 8:45
	BODYCOMBAT	O DANCE	BODYBALANCE	O BODYCOMBAT	ODANCE	BODTBALANCE	O BODYBALANCE
9:00	0.00	0.00	0.00 0.00	0.00		0.00	
	9:00 ~ 9:30 ••••••••••••••••••••••••••••••••••••	9:00 ~ 9:30 GRIT ATHLETIC	9:00 ~ 9:30 DANCE	9:00 ~ 9:30 DANCE	9:15 ~ 10:00	9:00 ~ 9:30 DANCE	9:15 ~ 10:00
			V = 2 = 10 =	U 22102	OCORE		⊙ CORE
10:00	10:00 ~ 10:30	10:00 ~ 10:30	10:00 ~ 10:30	10:00 ~ 10:30		10:00 ~ 10:30	
	O BODYPUMP	BODYATTACK	O BODYCOMBAT	D Lesmills BODYATTACK	10.00 - 11.00	0 CÖRE	10,00 - 11,00
11:00					10:30 ~ 11:00 BODYPUMP		10:30 ~ 11:30
11.00	11:00 ~ 12:00 OGRIT CARDIO	11:00 ~ 12:00	11:00 ~ 11:30 LESMILLS BODYPUMP	11:00 ~ 11:45		11:00 ~ 12:00	D BODYCOMBAT
	O GRIT CARDIO	ヨガビギナー (RYOMA)	O BODYPUMP	D LESMILLS BODYBALANCE	11:30 ~ 12:00	ヨガストレッチ	
12:00		(RYOMA)			O BODYATTACK	(Chica)	
	12:00 ~ 12:30 Lesmills BODYBALANCE		12:00 ~ 12:30 OCORE	12:00~12:30 OGRIT ATHLETIC		↑4日休講の為、 Virtual BODYBALANCEに変更	12:00 ~ 13:00
		12:30 ~ 13:15			12:30 ~ 13:15	12:30 ~ 13:15	D BODYPUMP
13:00	13:00 ~ 13:30	O CORE	13:00 ~ 13:30	13:00 ~ 13:30	D LESMILLS BODYBALANCE	DANCE -	
	O BODYATTACK		D Lesmills BODYATTACK	O BODYCOMBAT			
14:00		13:45 ~ 14:30			13:45 ~ 14:30	13:45 ~ 14:30	13:30 ~ 14:15
14.00	14:00 ~ 15:00	DANCE	14:00 ~ 15:00	14:00 ~ 14:30	BODYCOMBAT	D LESMILLS BODYATTACK	O CORE
	楽しくダンス (HAZUKI)	022302	リフレッシュヨガ (戸神 佐知子)	○CORE	O BODICOMBAI	O BOBIATIACK	14:30 ~ 15:15
15:00	(HAZUKI)		(戸神 佐知子)			隔週	DANCE
		15:00 ~ 15:30 BODYBALANCE		15:00 ~ 15:30 LESMILLS BODYPUMP	15:00 ~ 15:30 OCORE	15:00 ~ 15:45 Lesmils BODYPUMP RODYCOMBAT	V = 2 = 10 =
	15:30 ~ 16:00	I Marina Wh	15:30 ~ 16:15	- Losii omi		(Chica) (山口)	15:30 ~ 16:15
16:00	©CÖRE	16:00 ~ 17:00	DANCE	16:00 ~ 16:30	16:00 ~ 16:30	4日、18日・・・COMBAT 11日、25日・・・PUMP	BODYATTACK
		● Lesmills BODYCOMBAT		O BODYCOMBAT	⊙ GRIT CARDIO	16:15 ~ 16:45 LESMILLS	
17:00	16:30 ~ 17:15	BODYCOMBAT	16:45 ~ 17:30			O BODYBALANCE	16:45~ 17:30
17.00	BODYCOMBAT		O CORE	17:00 ~ 17:30 LESMILLS BODYBALANCE	17:00 ~ 17:30		D LESMILLS BODYBALANCE
		17:30~18:00	JUNE	BODYBALANCE	O BODYPUMP	17:15 ~ 17:45 OGRIT CARDIO	O DOVI BALANCE
18:00	17:45 ~ 18:30	BODYPUMP				- Carr	NEW
	O BODYPUMP		18:00~19:00	18:00 ~ 19:00	18:00 ~ 18:30 体幹エクササイズ (staff)	18:15 ~ 18:45	18:00 ~ 19:00 18:00 ~ 19:00
		18:30 ~ 19:00	KIDS DANCE (HAZUKI)	D BODYATTACK	(dtail)	• CORE	◆ BODYPUMP 参 B B B B B B B B B B
19:00	19:00 ~ 19:45	O CORE	↑8日休講の為、		19:00 ~ 19:45		↑12日のみ拳闘部
	エナジーフローヨガ		Wirtual BODYBALANCEに変更		DANCE	19:15 ~ 19:45 Lesmils	(*有料、予約制)
20:00	(MIYAKO) ↑13日休講の為、	19:30 ~ 20:15 LESMILLS	19:30 ~ 20:30	19:30 ~ 20:15	(吉田 蒼菜)	O DANCE	19:30 ~ 20:15 DANCE
20.00	_ Virtual BODYBALANCEに変更 _	(橋本 拓実)	簡単エアロ (円山 可奈子)	パレトン (MIYAKO)	20:00 ~ 20:45	00.15	J =
	20:15 ~ 21:00				LESMILLS BODYCOMBAT (野田 泰弘)	DESMILLS BODYPUMP	20:30 ~ 21:00
21:00	O DANCE	20:45 ~ 21:15 LESMILLS		20:45 ~ 21:15	↑17日休講のためVirtualに変更	₩ BODYPUMP	O GRIT ATHLETIC
		O BODYBALANCE	21:00 ~ 21:45	O CORE	21:00 ~ 21:45		
	21:30 ~ 22:30		BODYPUMP		D Lesmills BODYBALANCE	21:30 ~ 22:30	21:30 ~ 22::00 LESMILLS
22:00	O BODYCOMBAT	21:45 ~ 22:30 LESMILLS		21:45 ~ 22:30 LESMILLS		O BODYCOMBAT	O BODYATTACK
	O DODITORIBAT	O BODYCOMBAT	22:15 ~ 23:00	D Lesmills BODYPUMP	22:15 ~ 23:00	DODICOMBAI	
23:00			DANCE		O DANCE		22:30 ~ 23:30
20.00	23:00 ~ 23:30	23:00 ~ 23:30 LESMILLS		23:00 ~ 23:30 LESMILLS		23:00 ~ 23:30 LesMills	D BODYPUMP
	OGRIT STRENGTH	O BODYPUMP	23:30 ~ 0:30	O DANCE	23:30 ~ 0:30	O DANCE	
			23:30 ~ 0:30 LESMILLS BODYBALANCE		D BODYATTACK		
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*黒塗りはインストラクターによるLIVEレッスンです。