



LeXy Fit 高茶屋 STUDIO Program

2025年12月

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00							
WS	<div>0:00 ~ 0:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>0:00 ~ 0:30</div> <div>LES MILLS BODYPUMP</div>	<div>0:00 ~ 0:30</div> <div>LES MILLS GRIT CARDIO</div>	<div>23:30 ~ 0:30</div> <div>LES MILLS BODYBALANCE</div>	<div>0:00 ~ 0:30</div> <div>LES MILLS BODYBALANCE</div>	<div>23:30 ~ 0:30</div> <div>LES MILLS BODYATTACK</div>	<div>0:00 ~ 0:30</div> <div>LES MILLS CORE</div>
1:00							
	<div>1:00 ~ 1:30</div> <div>LES MILLS BODYATTACK</div>	<div>1:00 ~ 1:30</div> <div>LES MILLS BODYBALANCE</div>	<div>1:00 ~ 1:30</div> <div>LES MILLS CORE</div>	<div>1:00 ~ 1:30</div> <div>LES MILLS BODYATTACK</div>	<div>1:00 ~ 1:30</div> <div>LES MILLS BODYATTACK</div>	<div>1:00 ~ 1:30</div> <div>LES MILLS GRIT STRENGTH</div>	<div>1:00 ~ 1:30</div> <div>LES MILLS BODYATTACK</div>
2:00							
	<div>2:00 ~ 2:30</div> <div>LES MILLS CORE</div>	<div>2:00 ~ 2:30</div> <div>LES MILLS DANCE</div>	<div>2:00 ~ 2:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>2:00 ~ 2:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>2:00 ~ 2:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>2:00 ~ 2:30</div> <div>LES MILLS BODYPUMP</div>	<div>2:00 ~ 2:30</div> <div>LES MILLS BODYBALANCE</div>
3:00							
	<div>3:00 ~ 3:30</div> <div>LES MILLS GRIT ATHLETIC</div>	<div>3:00 ~ 3:30</div> <div>LES MILLS GRIT CARDIO</div>	<div>3:00 ~ 3:30</div> <div>LES MILLS BODYATTACK</div>	<div>3:00 ~ 3:30</div> <div>LES MILLS GRIT CARDIO</div>	<div>3:00 ~ 3:30</div> <div>LES MILLS GRIT ATHLETIC</div>	<div>3:00 ~ 3:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>3:00 ~ 3:30</div> <div>LES MILLS BODYPUMP</div>
4:00							
	<div>4:00 ~ 4:30</div> <div>LES MILLS DANCE</div>	<div>4:00 ~ 4:30</div> <div>LES MILLS CORE</div>	<div>4:00 ~ 4:30</div> <div>LES MILLS BODYBALANCE</div>	<div>4:00 ~ 4:30</div> <div>LES MILLS DANCE</div>	<div>4:00 ~ 4:30</div> <div>LES MILLS BODYPUMP</div>	<div>4:00 ~ 4:30</div> <div>LES MILLS CORE</div>	<div>4:00 ~ 4:30</div> <div>LES MILLS DANCE</div>
5:00							
	<div>5:00 ~ 5:30</div> <div>LES MILLS BODYPUMP</div>	<div>5:00 ~ 5:30</div> <div>LES MILLS BODYATTACK</div>	<div>5:00 ~ 5:30</div> <div>LES MILLS DANCE</div>	<div>5:00 ~ 5:30</div> <div>LES MILLS BODYPUMP</div>	<div>5:00 ~ 5:30</div> <div>LES MILLS CORE</div>	<div>5:00 ~ 5:30</div> <div>LES MILLS GRIT CARDIO</div>	<div>5:00 ~ 5:30</div> <div>LES MILLS GRIT CARDIO</div>
6:00							
	<div>6:00 ~ 6:30</div> <div>LES MILLS BODYBALANCE</div>	<div>6:00 ~ 6:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>6:00 ~ 6:30</div> <div>LES MILLS GRIT STRENGTH</div>	<div>6:00 ~ 6:30</div> <div>LES MILLS CORE</div>	<div>6:00 ~ 6:30</div> <div>LES MILLS BODYBALANCE</div>	<div>6:00 ~ 6:30</div> <div>LES MILLS DANCE</div>	<div>6:00 ~ 6:30</div> <div>LES MILLS BODYCOMBAT</div>
7:00							
	<div>7:00 ~ 7:30</div> <div>LES MILLS BODYATTACK</div>	<div>7:00 ~ 7:30</div> <div>LES MILLS BODYBALANCE</div>	<div>7:00 ~ 7:30</div> <div>LES MILLS BODYPUMP</div>	<div>7:00 ~ 7:30</div> <div>LES MILLS BODYBALANCE</div>	<div>7:00 ~ 7:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>7:00 ~ 7:30</div> <div>LES MILLS BODYATTACK</div>	<div>7:00 ~ 7:30</div> <div>LES MILLS DANCE</div>
8:00							
	<div>8:00 ~ 8:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>8:00 ~ 8:30</div> <div>LES MILLS DANCE</div>	<div>8:00 ~ 8:30</div> <div>LES MILLS BODYBALANCE</div>	<div>8:00 ~ 8:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>8:00 ~ 8:45</div> <div>LES MILLS DANCE</div>	<div>8:00 ~ 8:30</div> <div>LES MILLS BODYBALANCE</div>	<div>8:00 ~ 8:45</div> <div>LES MILLS BODYBALANCE</div>
9:00							
	<div>9:00 ~ 9:30</div> <div>LES MILLS CORE</div>	<div>9:00 ~ 9:30</div> <div>LES MILLS GRIT ATHLETIC</div>	<div>9:00 ~ 9:30</div> <div>LES MILLS DANCE</div>	<div>9:00 ~ 9:30</div> <div>LES MILLS DANCE</div>	<div>9:15 ~ 10:00</div> <div>LES MILLS CORE</div>	<div>9:00 ~ 9:30</div> <div>LES MILLS DANCE</div>	<div>9:15 ~ 10:00</div> <div>LES MILLS CORE</div>
10:00	<div>10:00 ~ 10:30</div> <div>LES MILLS BODYPUMP</div>	<div>10:00 ~ 10:30</div> <div>LES MILLS BODYATTACK</div>	<div>10:00 ~ 10:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>10:00 ~ 10:30</div> <div>LES MILLS BODYATTACK</div>		<div>10:00 ~ 10:30</div> <div>LES MILLS CORE</div>	
11:00							
	<div>11:00 ~ 12:00</div> <div>LES MILLS GRIT CARDIO</div>	<div>11:00 ~ 12:00</div> <div>ヨガビギナー (RYOMA)</div>	<div>11:00 ~ 11:30</div> <div>LES MILLS BODYPUMP</div>	<div>11:00 ~ 11:45</div> <div>LES MILLS BODYBALANCE</div>	<div>10:30 ~ 11:00</div> <div>LES MILLS BODYPUMP</div>	<div>11:00 ~ 12:00</div> <div>ヨガストレッチ (Chica)</div>	<div>10:30 ~ 11:30</div> <div>LES MILLS BODYCOMBAT</div>
12:00	<div>12:00 ~ 12:30</div> <div>LES MILLS BODYBALANCE</div>		<div>12:00 ~ 12:30</div> <div>LES MILLS CORE</div>	<div>12:00 ~ 12:30</div> <div>LES MILLS GRIT ATHLETIC</div>	<div>11:30 ~ 12:00</div> <div>LES MILLS BODYATTACK</div>		<div>12:00 ~ 13:00</div> <div>LES MILLS BODYPUMP</div>
13:00		<div>12:30 ~ 13:15</div> <div>LES MILLS CORE</div>			<div>12:30 ~ 13:15</div> <div>LES MILLS BODYBALANCE</div>	<div>12:30 ~ 13:15</div> <div>LES MILLS DANCE</div>	
	<div>13:00 ~ 13:30</div> <div>LES MILLS BODYATTACK</div>		<div>13:00 ~ 13:30</div> <div>LES MILLS BODYATTACK</div>	<div>13:00 ~ 13:30</div> <div>LES MILLS BODYCOMBAT</div>			
14:00		<div>13:45 ~ 14:30</div> <div>LES MILLS DANCE</div>			<div>13:45 ~ 14:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>13:45 ~ 14:30</div> <div>LES MILLS BODYATTACK</div>	<div>13:30 ~ 14:15</div> <div>LES MILLS CORE</div>
15:00	<div>14:00 ~ 15:00</div> <div>楽しくダンス (HAZUKI)</div>		<div>14:00 ~ 15:00</div> <div>リフレッシュヨガ (戸神 佐知子)</div>	<div>14:00 ~ 14:30</div> <div>LES MILLS CORE</div>		<div>15:00 ~ 15:45</div> <div>隔週 LES MILLS BODYPUMP LES MILLS BODYCOMBAT (Chica) (山口)</div>	<div>14:30 ~ 15:15</div> <div>LES MILLS DANCE</div>
		<div>15:00 ~ 15:30</div> <div>LES MILLS BODYBALANCE</div>	<div>↑ 31日休講のため、 Virtual BODYBALANCEに変更</div>	<div>15:00 ~ 15:30</div> <div>LES MILLS BODYPUMP</div>	<div>15:00 ~ 15:30</div> <div>LES MILLS CORE</div>	<div>13日、27日・・・COMBAT 6日、20日・・・PUMP</div>	
16:00	<div>15:30 ~ 16:00</div> <div>LES MILLS CORE</div>		<div>15:30 ~ 16:15</div> <div>LES MILLS DANCE</div>				<div>15:30 ~ 16:15</div> <div>LES MILLS BODYATTACK</div>
		<div>16:00 ~ 17:00</div> <div>LES MILLS BODYCOMBAT</div>		<div>16:00 ~ 16:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>16:00 ~ 16:30</div> <div>LES MILLS GRIT CARDIO</div>	<div>16:15 ~ 16:45</div> <div>LES MILLS BODYBALANCE</div>	
17:00	<div>16:30 ~ 17:15</div> <div>LES MILLS BODYCOMBAT</div>		<div>16:45 ~ 17:30</div> <div>LES MILLS CORE</div>	<div>17:00 ~ 17:30</div> <div>LES MILLS BODYBALANCE</div>	<div>17:00 ~ 17:30</div> <div>LES MILLS BODYPUMP</div>		<div>16:45 ~ 17:30</div> <div>LES MILLS BODYBALANCE</div>
		<div>17:30 ~ 18:00</div> <div>LES MILLS BODYPUMP</div>				<div>17:15 ~ 17:45</div> <div>LES MILLS GRIT CARDIO</div>	
18:00	<div>17:45 ~ 18:30</div> <div>LES MILLS BODYPUMP</div>		<div>18:00 ~ 19:00</div> <div>KIDS DANCE (HAZUKI)</div>	<div>18:00 ~ 19:00</div> <div>LES MILLS BODYATTACK</div>	<div>18:00 ~ 18:30</div> <div>体幹エクササイズ (staff)</div>		<div>18:00 ~ 19:00</div> <div>LES MILLS BODYPUMP</div>
19:00		<div>18:30 ~ 19:00</div> <div>LES MILLS CORE</div>				<div>18:15 ~ 18:45</div> <div>LES MILLS CORE</div>	<div>18:00 ~ 19:00</div> <div>LES MILLS BODYPUMP</div>
	<div>19:00 ~ 19:45</div> <div>エナジーフローヨガ (MIYAKO)</div>		<div>↑ 31日休講のため、 Virtual BODYCOMBATに変更</div>		<div>19:00 ~ 19:45</div> <div>LES MILLS DANCE (吉田 蒼葉)</div>	<div>19:15 ~ 19:45</div> <div>LES MILLS DANCE</div>	<div>↑ 28日のみ拳闘部 (※有料、予約制)</div>
20:00	<div>↑ 29日休講のため、 Virtual BODYBALANCEに変更</div>	<div>19:30 ~ 20:15</div> <div>LES MILLS BODYATTACK (橋本 拓実)</div>	<div>19:30 ~ 20:30</div> <div>簡単エアロ (円山 可奈子)</div>	<div>19:30 ~ 20:15</div> <div>バレン (MIYAKO)</div>			<div>19:30 ~ 20:15</div> <div>LES MILLS DANCE</div>
	<div>20:15 ~ 21:00</div> <div>LES MILLS DANCE</div>	<div>↑ 30日休講のため、 Virtual BODYATTCKに変更</div>	<div>↑ 31日休講のため、 Virtual BODYATTCKに変更</div>		<div>20:00 ~ 20:45</div> <div>LES MILLS BODYCOMBAT (野田 泰弘)</div>	<div>20:15 ~ 21:00</div> <div>LES MILLS BODYPUMP</div>	<div>20:30 ~ 21:00</div> <div>LES MILLS GRIT ATHLETIC</div>
21:00		<div>20:45 ~ 21:15</div> <div>LES MILLS BODYBALANCE</div>	<div>21:00 ~ 21:45</div> <div>LES MILLS BODYPUMP</div>	<div>20:45 ~ 21:15</div> <div>LES MILLS CORE</div>	<div>21:00 ~ 21:45</div> <div>LES MILLS BODYBALANCE</div>		
	<div>21:30 ~ 22:30</div> <div>LES MILLS BODYCOMBAT</div>			<div>21:45 ~ 22:30</div> <div>LES MILLS BODYPUMP</div>		<div>21:30 ~ 22:30</div> <div>LES MILLS BODYCOMBAT</div>	<div>21:30 ~ 22:00</div> <div>LES MILLS BODYATTACK</div>
22:00		<div>21:45 ~ 22:30</div> <div>LES MILLS BODYCOMBAT</div>					
			<div>22:15 ~ 23:00</div> <div>LES MILLS DANCE</div>		<div>22:15 ~ 23:00</div> <div>LES MILLS DANCE</div>		<div>22:30 ~ 23:30</div> <div>LES MILLS BODYPUMP</div>
23:00		<div>23:00 ~ 23:30</div> <div>LES MILLS BODYPUMP</div>		<div>23:00 ~ 23:30</div> <div>LES MILLS DANCE</div>		<div>23:00 ~ 23:30</div> <div>LES MILLS DANCE</div>	
	<div>23:00 ~ 23:30</div> <div>LES MILLS GRIT STRENGTH</div>		<div>23:30 ~ 0:30</div> <div>LES MILLS BODYBALANCE</div>		<div>23:30 ~ 0:30</div> <div>LES MILLS BODYATTACK</div>		

* 黒塗りはインストラクターによるLIVEレッスンです。

年末年始【12/30(火)～1/3(土)】はノースタッフデーのため、全てヴァーチャルレッスンとなります。