



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	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT CARDIO	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS CORE
1:00	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS CORE	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS GRIT STRENGTH	LES MILLS BODYATTACK
2:00	LES MILLS CORE	LES MILLS DANCE	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
3:00	LES MILLS GRIT ATHLETIC	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS GRIT CARDIO	LES MILLS GRIT ATHLETIC	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
4:00	LES MILLS DANCE	LES MILLS CORE	LES MILLS BODYBALANCE	LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS DANCE
5:00	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS GRIT CARDIO	LES MILLS GRIT CARDIO
6:00	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH	LES MILLS CORE	LES MILLS BODYBALANCE	LES MILLS DANCE	LES MILLS BODYCOMBAT
7:00	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS DANCE
8:00	LES MILLS BODYCOMBAT	LES MILLS DANCE	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS DANCE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
9:00	LES MILLS CORE	LES MILLS GRIT ATHLETIC	LES MILLS DANCE	LES MILLS DANCE	9:15 ~ 10:00 LES MILLS CORE	LES MILLS DANCE	9:15 ~ 10:00 LES MILLS CORE
10:00	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	10:30 ~ 11:00 LES MILLS BODYPUMP	LES MILLS CORE	10:30 ~ 11:30 LES MILLS BODYCOMBAT
11:00	LES MILLS GRIT CARDIO	11:00 ~ 12:00 ヨガビギナー (RYOMA)	LES MILLS BODYPUMP	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	LES MILLS BODYBALANCE	↑30日休講のため、Virtual BODYBALANCEに変更	LES MILLS CORE	LES MILLS GRIT ATHLETIC			LES MILLS BODYPUMP
13:00	LES MILLS BODYATTACK	LES MILLS CORE	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS DANCE	LES MILLS BODYPUMP
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	↑31日休講のため、Virtual BODYBALANCEに変更	15:00 ~ 15:30 LES MILLS BODYPUMP	15:00 ~ 15:30 LES MILLS CORE	15:00 ~ 15:45 LES MILLS BODYPUMP LES MILLS BODYCOMBAT (Chica) (山口)	14:30 ~ 15:15 LES MILLS DANCE
16:00	LES MILLS CORE	16:00 ~ 17:00 LES MILLS BODYCOMBAT	15:30 ~ 16:15 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS GRIT CARDIO	16:15 ~ 16:45 LES MILLS BODYBALANCE	15:30 ~ 16:15 LES MILLS BODYATTACK
17:00	LES MILLS BODYCOMBAT	17:30 ~ 18:00 LES MILLS BODYPUMP	16:45 ~ 17:30 LES MILLS CORE	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:30 LES MILLS BODYPUMP	17:15 ~ 17:45 LES MILLS GRIT CARDIO	16:45 ~ 17:30 LES MILLS BODYBALANCE
18:00	LES MILLS BODYPUMP	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)
19:00	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)	↑31日休講のため、Virtual BODYCOMBATに変更	19:30 ~ 20:15 簡単エアロ (円山 可奈子)	19:00 ~ 19:45 LES MILLS DANCE (吉田 蒼葉)	19:15 ~ 19:45 LES MILLS DANCE	↑28日のみ拳闘部 (*有料、予約制)
20:00	↑29日休講のため、Virtual BODYBALANCEに変更	↑30日休講のため、Virtual BODYATTACKに変更	20:15 ~ 20:30 LES MILLS BODYATTACK (野田 泰弘)	20:00 ~ 20:45 LES MILLS BODYCOMBAT	20:15 ~ 21:00 LES MILLS BODYPUMP	20:30 ~ 21:00 LES MILLS GRIT ATHLETIC	20:30 ~ 21:00 LES MILLS DANCE
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	21:00 ~ 21:45 LES MILLS BODYBALANCE	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:30 ~ 22:00 LES MILLS BODYATTACK
22:00	LES MILLS BODYCOMBAT	21:45 ~ 22:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS DANCE	21:45 ~ 22:30 LES MILLS BODYPUMP	22:15 ~ 23:00 LES MILLS DANCE	23:00 ~ 23:30 LES MILLS DANCE	22:30 ~ 23:30 LES MILLS BODYPUMP
23:00	LES MILLS GRIT STRENGTH	23:00 ~ 23:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS DANCE	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。

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。