



LeXy Fit 高茶屋 STUDIO Program

2026年1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)	11:00 ~ 12:00 LES MILLS BODYCOMBAT
12:00	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:30 ~ 13:15 LES MILLS CORE	12:00 ~ 12:30 LES MILLS CORE	12:00 ~ 12:30 LES MILLS GRIT ATHLETIC	12:30 ~ 13:15 LES MILLS BODYBALANCE	13日、17日、休講のため、 Virtual BODYBALANCEに変更	12:00 ~ 13:00 LES MILLS BODYPUMP
13:00	13:00 ~ 13:30 LES MILLS BODYATTACK	13:45 ~ 14:30 LES MILLS DANCE	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS BODYBALANCE	12:30 ~ 13:15 LES MILLS DANCE	13:30 ~ 14:15 LES MILLS CORE
14:00	14:00 ~ 15:00 楽しくダンス (HAZUKI)	15:00 ~ 15:30 LES MILLS BODYBALANCE	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	14:30 ~ 15:15 LES MILLS DANCE
15:00	15:30 ~ 16:00 LES MILLS CORE	16:00 ~ 17:00 LES MILLS BODYCOMBAT	15:30 ~ 16:15 LES MILLS DANCE	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)	15:30 ~ 16:15 LES MILLS BODYATTACK
16:00	16:30 ~ 17:15 LES MILLS BODYCOMBAT	17:30 ~ 18:00 LES MILLS BODYPUMP	16:45 ~ 17:30 LES MILLS CORE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS GRIT CARDIO	3日、17日---Virtual COMBAT 24日---COMBAT 10日、31日---PUMP 16:15 ~ 16:45 LES MILLS BODYBALANCE	16:45 ~ 17:30 LES MILLS BODYBALANCE
17:00	17:45 ~ 18:30 LES MILLS BODYPUMP	18:00 ~ 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) 12日休講のため、 Virtual COREに変更	18:15 ~ 18:45 LES MILLS CORE	18:00 ~ 19:00 LES MILLS BODYPUMP 拳闘部 (松井)
18:00	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)	19:30 ~ 20:30 簡単エアロ (円山 可奈子)	19:30 ~ 20:15 バレトン (MIYAKO) 11日休講のため、 Virtual DANCEに変更	19:00 ~ 19:45 LES MILLS DANCE (吉田 蒼菜) 12日休講、Virtual に変更	19:15 ~ 19:45 LES MILLS DANCE	19:00 ~ 19:45 LES MILLS CORE
19:00	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	20:00 ~ 20:45 LES MILLS BODYCOMBAT (野田 泰弘) 12日休講、Virtual に変更	20:15 ~ 21:00 LES MILLS BODYPUMP	20:30 ~ 21:00 LES MILLS GRIT ATHLETIC
20:00	21:30 ~ 22:30 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	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:30 ~ 22:00 LES MILLS BODYATTACK
21:00	23:00 ~ 23:30 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	23:00 ~ 23:30 LES MILLS DANCE	22:30 ~ 23:30 LES MILLS BODYPUMP
22:00							
23:00							

* 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。