



# LeXy Fit 高茶屋 STUDIO Program

2026年4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 GRIT   CARDIO	0:30 ~ 0:30 LES MILLS BODYBALANCE	0:30 ~ 1:30	0:30 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 CORE
1:00	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 CORE	1:00 ~ 1:30 LES MILLS BODYATTACK	LES MILLS BODYBALANCE	1:00 ~ 1:30 GRIT   STRENGTH	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 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 BODYATTACK	2:00 ~ 2:30 LES MILLS BODYPUMP	2:00 ~ 2:30 LES MILLS BODYBALANCE
3:00	3:00 ~ 3:30 GRIT   ATHLETIC	3:00 ~ 3:30 GRIT   CARDIO	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 GRIT   CARDIO	3:00 ~ 3:30 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 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 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 CORE	5:00 ~ 5:30 GRIT   CARDIO	5:00 ~ 5:30 GRIT   CARDIO
6:00	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 GRIT   STRENGTH	6:00 ~ 6:30 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 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 CORE	9:00 ~ 9:30 GRIT   ATHLETIC	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 CORE	9:00 ~ 9:30 LES MILLS DANCE	9:15 ~ 10:00 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	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 CORE	10:30 ~ 11:30
11:00	11:00 ~ 11:30 GRIT   CARDIO	11:00 ~ 12:00 ヨガピギナー (RYOMA)	11:00 ~ 11:30 LES MILLS BODYPUMP	11:00 ~ 11:45 LES MILLS BODYBALANCE	11:00 ~ 11:45 LES MILLS DANCE	11:00 ~ 12:00 ヨガストレッチ (Chica)	LES MILLS BODYCOMBAT
12:00	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:30 ~ 13:15 CORE	12:00 ~ 12:30 CORE	12:00 ~ 12:30 GRIT   ATHLETIC	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:30 ~ 13:15 LES MILLS DANCE	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	13:00 ~ 13:30 LES MILLS BODYCOMBAT	13:30 ~ 14:15 LES MILLS DANCE	13:30 ~ 14:15 CORE
14:00	レッスン変更 14:00 ~ 14:45 LES MILLS DANCE	14:00 ~ 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 CORE	14:00 ~ 15:00 マッドピラティス (中瀬 楓樹)	レッスン変更 14:00 ~ 14:30 LES MILLS BODYCOMBAT	14:30 ~ 15:15 LES MILLS DANCE
15:00	レッスン変更 15:15 ~ 16:00 CORE	15:00 ~ 15:30 LES MILLS BODYBALANCE	15:00 ~ 15:30 LES MILLS BODYPUMP	15:00 ~ 15:30 LES MILLS BODYPUMP	15:30 ~ 16:00 1 3B*** Virtual BODYATTACKに変更	15:00 ~ 16:00 1 3B*** Virtual BODYATTACKに変更	15:30 ~ 16:15 LES MILLS BODYATTACK
16:00	レッスン変更 16:30 ~ 17:30 LES MILLS BODYCOMBAT	16:00 ~ 17:00 LES MILLS BODYCOMBAT	16:00 ~ 16:15 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:30 ~ 17:30 1 3B*** Virtual PUMPに 11B, 25B***LIVE PUMP(Chica)	16:30 ~ 17:30 LES MILLS BODYATTACK
17:00	LES MILLS BODYCOMBAT	17:00 ~ 17:30 LES MILLS BODYCOMBAT	16:45 ~ 17:30 CORE	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:30 ~ 18:45 LES MILLS BODYBALANCE	17:45 ~ 17:30 LES MILLS BODYBALANCE
18:00	レッスン変更 18:00 ~ 19:00 LES MILLS BODYPUMP	18:00 ~ 19:00 CORE	18:00 ~ 19:00 KIDS DANCE (HAZUKI)	18:00 ~ 19:00 LES MILLS BODYATTACK	18:00 ~ 18:30 CORE	18:15 ~ 18:45 CORE	18:00 ~ 19:00 LES MILLS BODYPUMP
19:00	19:30 ~ 20:15 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 パストン (MIYAKO)	19:00 ~ 19:45 1 3B*** Virtual PUMPに 20:00 ~ 20:45 1 3B*** Virtual COMBATに 21:00 ~ 21:45 1 10B*** Virtual COMBATに 21:00 ~ 21:45	19:15 ~ 19:45 DANCE	19:30 ~ 20:15 DANCE
20:00	20:45 ~ 21:15 DANCE	20:45 ~ 21:15 LES MILLS BODYBALANCE	21:00 ~ 21:45 LES MILLS BODYPUMP	20:45 ~ 21:15 DANCE	20:45 ~ 21:15 LES MILLS BODYBALANCE	20:15 ~ 21:00 LES MILLS BODYPUMP	20:30 ~ 21:00 GRIT   ATHLETIC
21:00	21:45 ~ 22:30 LES MILLS BODYCOMBAT	21:45 ~ 22:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS DANCE	21:45 ~ 22:45 LES MILLS BODYPUMP	22:15 ~ 23:00 LES MILLS DANCE	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:30 ~ 22:00 LES MILLS BODYATTACK
22:00	23:00 ~ 23:30 GRIT   STRENGTH	23:00 ~ 23:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:15 ~ 0:00 CORE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 DANCE	23:30 ~ 23:30 LES MILLS BODYPUMP

\* 黒塗りはインストラクターによるLIVEレッスンです。