



LeXY Fit 高茶屋 STUDIO Program

2026年6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 ~ 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 CORE	1:00 ~ 1:30 LES MILLS BODYATTACK	0:30 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS GRIT STRENGTH	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 CORE	2:00 ~ 2:30 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 DANCE	4:00 ~ 4:30 CORE	4:00 ~ 4:30 LES MILLS BODYBALANCE	4:00 ~ 4:30 DANCE	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 CORE	4:00 ~ 4:30 DANCE
5:00	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 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 DANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT
7:00	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 DANCE	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 BODYPUMP	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 LES MILLS BODYBALANCE	9:00 ~ 9:30 DANCE	9:00 ~ 9:30 DANCE	9:00 ~ 9:30 CORE	9:00 ~ 9:30 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	
11:00	11:00 ~ 11:30 GRIT CARDIO	11:00 ~ 11:45 CORE	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)	10:30 ~ 11:30 LES MILLS BODYCOMBAT
12:00	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:00 ~ 12:30 DANCE	12:00 ~ 12:30 CORE	12:00 ~ 12:30 GRIT ATHLETIC	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:30 ~ 13:15 レッスン変更 BODYPUMP	11:45 ~ 12:15 LES MILLS BODYBALANCE
13:00	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 GRIT CARDIO	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYCOMBAT	13:00 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:15 レッスン変更 BODYPUMP	12:45 ~ 13:30 LES MILLS BODYATTACK
14:00						13:45 ~ 14:30 DANCE	12:45 ~ 13:30 レッスン変更 DANCE
15:00	14:00 ~ 15:00 楽しくダンス (HAZUKI) 15分休講の為 Virtual DANCE45分に変更	14:00 ~ 15:00 ヨガビギナー (RYOMA)	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 マットピラティス (中瀬 楓樹)	15:00 ~ 16:45 レッスン変更 BODYCOMBAT	14:00 ~ 14:45 DANCE
16:00	15:30 ~ 16:00 CORE	15:30 ~ 16:00 LES MILLS BODYPUMP	15:30 ~ 16:15 DANCE	15:30 ~ 16:30 LES MILLS BODYCOMBAT	15:30 ~ 16:00 GRIT CARDIO	15:00 ~ 16:45 LES MILLS BODYCOMBAT	15:15 ~ 15:45 LES MILLS BODYPUMP
17:00	16:30 ~ 17:30 LES MILLS BODYCOMBAT	16:30 ~ 17:00 LES MILLS BODYCOMBAT	16:45 ~ 17:30 CORE	16:30 ~ 17:30 LES MILLS BODYBALANCE	16:30 ~ 17:30 LES MILLS BODYBALANCE	16:15 ~ 16:45 LES MILLS BODYBALANCE	16:15 ~ 17:00 LES MILLS BODYCOMBAT
18:00		17:30 ~ 18:00 DANCE				17:15 ~ 17:45 GRIT CARDIO	17:30 ~ 18:00 CORE
19:00	18:00 ~ 19:00 LES MILLS BODYPUMP	18:30 ~ 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	18:30 ~ 19:00 BODYBALANCE
20:00	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 バレト (MIYAKO)	19:00 ~ 19:45 LES MILLS BODYPUMP (中瀬 楓樹)	19:15 ~ 19:45 DANCE	19:30 ~ 20:15 DANCE
21:00	20:45 ~ 21:15 DANCE	20:45 ~ 21:15 LES MILLS BODYBALANCE	17日休講の為 Virtual BODYATTACKに変更 21:00 ~ 21:45 LES MILLS BODYPUMP	20:45 ~ 21:15 DANCE	20:15 ~ 21:00 LES MILLS BODYCOMBAT (野田 泰弘)	20:15 ~ 21:00 LES MILLS BODYPUMP	20:30 ~ 21:00 GRIT ATHLETIC
22:00	21:45 ~ 22:30 LES MILLS BODYCOMBAT	21:45 ~ 22:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 DANCE	21:45 ~ 22:45 LES MILLS BODYPUMP	22:15 ~ 23:00 DANCE	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:30 ~ 22:00 LES MILLS BODYATTACK
23:00	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	22:30 ~ 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。