



LeXy Fit 高茶屋 STUDIO Program

2026年11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		23:30 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS CORE
1:00					0:30 ~ 1:30		
	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	LES MILLS BODYBALANCE	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 BODYATTACK	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 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 LES MILLS CORE	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 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	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS CORE	
11:00							10:30 ~ 11:30
	11:00 ~ 11:30 LES MILLS GRIT CARDIO	11:00 ~ 11:45 LES MILLS 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)	LES MILLS BODYCOMBAT
12:00							11:45 ~ 12:15 LES MILLS BODYBALANCE
	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:00 ~ 12:30 LES MILLS DANCE	12:00 ~ 12:30 LES MILLS CORE	12:00 ~ 12:30 LES MILLS GRIT ATHLETIC	12:00 ~ 12:30 LES MILLS BODYBALANCE		
13:00						12:30 ~ 13:15	
	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS GRIT CARDIO	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS BODYCOMBAT	13:00 ~ 13:30 LES MILLS BODYCOMBAT	LES MILLS DANCE	12:45 ~ 13:30 LES MILLS BODYATTACK
14:00						13:45 ~ 14:30	
	14:00 ~ 14:45 LES MILLS DANCE	14:00 ~ 14:30 LES MILLS BODYCOMBAT	14:00 ~ 15:00 リフレッシュヨガ (戸神 佐知子)	14:00 ~ 14:30 LES MILLS CORE	14:00 ~ 15:00 マットピラティス (中瀬 颯樹)	LES MILLS BODYPUMP	14:00 ~ 14:45 LES MILLS DANCE
15:00						15:00 ~ 15:45	
		15:00 ~ 15:30 LES MILLS BODYPUMP		15:00 ~ 15:30 LES MILLS BODYPUMP			15:15 ~ 16:00 LES MILLS BODYPUMP
16:00						16:15 ~ 16:45	
	15:30 ~ 16:00 LES MILLS CORE	16:00 ~ 17:00 KIDS HULA (HIROMI)	15:30 ~ 16:15 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	15:30 ~ 16:00 LES MILLS GRIT CARDIO		
17:00						16:30 ~ 17:30 LES MILLS BODYBALANCE	16:30 ~ 17:30 LES MILLS BODYBALANCE
	16:30 ~ 17:30 LES MILLS BODYCOMBAT		16:45 ~ 17:30 LES MILLS CORE	17:00 ~ 17:30 LES MILLS BODYBALANCE		17:15 ~ 17:45 LES MILLS GRIT CARDIO	
18:00							
	17:30 ~ 18:00 LES MILLS DANCE				17:30 ~ 18:00 LES MILLS BODYATTACK		
19:00							
	18:00 ~ 19:00 LES MILLS BODYPUMP	18:30 ~ 19:00 LES MILLS CORE	18:00 ~ 19:00 KIDS DANCE (HARUNA)	18:00 ~ 19:00 LES MILLS BODYATTACK	18:30 ~ 19:00 LES MILLS CORE	18:15 ~ 18:45 LES MILLS CORE	18:00 ~ 19:00 LES MILLS BODYCOMBAT
						19:15 ~ 19:45 LES MILLS DANCE	11日のみ拳闘部に変更
20:00							19:30 ~ 20:15 LES MILLS DANCE
	19:30 ~ 20:15 エナジーフローヨガ (MIYAKO) 2日,23日休講の為、 Virtual BODYBALANCE に変更	19:30 ~ 20:15 LES MILLS BODYATTACK	19:30 ~ 20:30 簡単エアロ (円山 可奈子) 18日休講の為、 Virtual DANCE45分に変更	19:30 ~ 20:15 バレトン (MIYAKO) 19日休講の為、 Virtual BODYBALANCE に変更	19:30 ~ 20:15 LES MILLS BODYPUMP (中瀬 颯樹)	20:15 ~ 21:00 LES MILLS BODYPUMP	19:30 ~ 20:15 LES MILLS DANCE
21:00							20:30 ~ 21:00 LES MILLS GRIT ATHLETIC
	20:45 ~ 21:15 LES MILLS DANCE	20:45 ~ 21:15 LES MILLS BODYBALANCE	21:00 ~ 21:45 LES MILLS BODYPUMP	20:45 ~ 21:15 LES MILLS DANCE	20:30 ~ 21:00 LES MILLS BODYCOMBAT		
22:00							
	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	21:15 ~ 21:45 LES MILLS BODYBALANCE	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:30 ~ 22:00 LES MILLS BODYATTACK
23:00							
	23:00 ~ 23:30 LES MILLS GRIT STRENGTH	23:00 ~ 23:30 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYBALANCE	23:15 ~ 0:00 LES MILLS CORE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS 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。