

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS SH'BAM	0:00 ~ 0:30 LES MILLS CORE	0:00 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYBALANCE
1:00	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS SH'BAM	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00	2:00 ~ 2:30 LES MILLS BODYPUMP	2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 GRIT CARDIO	2:00 ~ 2:30 GRIT CARDIO	2:00 ~ 2:30 LES MILLS BODYBALANCE	2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 barre
3:00	3:00 ~ 3:30 barre	3:00 ~ 3:30 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS SH'BAM	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 LES MILLS CORE
4:00	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 barre	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 LES MILLS SH'BAM	4:00 ~ 4:30 LES MILLS CORE	4:00 ~ 4:30 barre	4:00 ~ 4:30 GRIT CARDIO
5:00	5:00 ~ 5:30 GRIT CARDIO	5:00 ~ 5:30 LES MILLS CORE	5:00 ~ 5:30 barre	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS SH'BAM	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYBALANCE
6:00	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 GRIT CARDIO	6:00 ~ 6:30 LES MILLS CORE	6:00 ~ 6:30 barre	6:00 ~ 6:30 LES MILLS BODYPUMP	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 LES MILLS BODYCOMBAT
7:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:45 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS CORE	7:00 ~ 7:30 barre	7:00 ~ 7:30 LES MILLS BODYPUMP	7:00 ~ 7:30 LES MILLS SH'BAM
8:00	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:45 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:30 LES MILLS CORE	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 GRIT STRENGTH	9:00 ~ 9:30 LES MILLS CORE
10:00	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS SH'BAM	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS SH'BAM	10:00 ~ 10:30 LES MILLS BODYPUMP
11:00	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (和田美也子)	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (YURINA)	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (川台 美保)	11:00 ~ 11:30 LES MILLS BODYATTACK	11:00 ~ 11:30 LES MILLS BODYCOMBAT	★ 11:00 ~ 12:00 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	11:00 ~ 11:45 LES MILLS BODYCOMBAT (渡部)
12:00				12:00 ~ 12:45 LES MILLS SH'BAM	12:00 ~ 12:30 LES MILLS SH'BAM		12:15 ~ 13:00 LES MILLS BODYATTACK
13:00	12:30 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:00 LES MILLS CORE	★ 13:00 ~ 14:00 Danceエクササイズ (Live/ZOOM併用) (YURINA)	13:15 ~ 14:00 LES MILLS BODYPUMP	13:00 ~ 13:30 LES MILLS CORE	12:30 ~ 13:00 LES MILLS BODYCOMBAT	13:30 ~ 14:15 LES MILLS SH'BAM
14:00	14:00 ~ 14:30 LES MILLS CORE	13:30 ~ 14:15 LES MILLS BODYCOMBAT			14:00 ~ 14:45 LES MILLS BODYPUMP	13:30 ~ 14:00 barre	13:30 ~ 14:15 LES MILLS SH'BAM
15:00	15:00 ~ 15:30 GRIT ATHLETIC	14:45 ~ 15:45 LES MILLS BODYATTACK	14:30 ~ 15:15 LES MILLS BODYPUMP	14:30 ~ 15:00 barre	15:15 ~ 15:45 barre	14:30 ~ 15:00 LES MILLS BODYATTACK	14:45 ~ 15:30 LES MILLS BODYPUMP
16:00	16:00 ~ 16:30 LES MILLS BODYPUMP		15:45 ~ 16:30 LES MILLS SH'BAM	15:30 ~ 16:00 LES MILLS BODYCOMBAT	16:30 ~ 17:00 LES MILLS BODYBALANCE	15:30 ~ 16:00 LES MILLS BODYPUMP	16:00 ~ 16:30 barre
17:00	17:00 ~ 17:30 barre	16:30 ~ 17:30 Kids Dance (Live) (YURINA)	17:00 ~ 18:00 LES MILLS BODYCOMBAT	16:30 ~ 17:00 LES MILLS BODYBALANCE	16:30 ~ 17:00 GRIT ATHLETIC	16:30 ~ 17:00 LES MILLS SH'BAM	17:00 ~ 17:30 LES MILLS BODYCOMBAT
18:00	18:00 ~ 19:00 LES MILLS BODYBALANCE	17:45 ~ 18:45 Kids Dance (Live) (YURINA)		17:30 ~ 18:00 LES MILLS SH'BAM	17:15 ~ 17:45 LES MILLS BODYCOMBAT	17:30 ~ 18:00 LES MILLS BODYBALANCE	18:00 ~ 18:30 LES MILLS CORE
19:00			18:30 ~ 19:00 LES MILLS BODYATTACK	18:30 ~ 19:00 LES MILLS BODYPUMP	18:15 ~ 19:00 LES MILLS SH'BAM	18:30 ~ 19:00 LES MILLS CORE	19:00 ~ 19:30 LES MILLS BODYBALANCE
20:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口 or 田邊) 第1・3田邊 第2・4山口	★ 19:30 ~ 20:30 Danceエクササイズ (Live/ZOOM併用) (YURINA)	★ 19:30 ~ 20:30 Hula (フラダンス) (Live/ZOOM併用) (Kei Fukuyama)	19:30 ~ 20:15 LES MILLS BODYCOMBAT (田邊 or 渡部) 第1・3・5田邊 第2・4渡部	19:30 ~ 20:15 LES MILLS BODYATTACK (上床)	19:30 ~ 20:00 GRIT CARDIO	20:00 ~ 20:30 LES MILLS SH'BAM
21:00	20:45 ~ 21:30 LES MILLS SH'BAM	★ 21:00 ~ 22:00 YOGA (ヨガ) (Live/ZOOM併用) (YURINA)	21:00 ~ 21:30 LES MILLS SH'BAM	★ 20:45 ~ 21:45 YOGA (ヨガ) (Live/ZOOM併用) (YURINA)	★ 20:45 ~ 21:45 YOGA (ヨガ) (Live/ZOOM併用) (SAKI)	20:30 ~ 21:00 LES MILLS BODYPUMP	21:00 ~ 21:30 LES MILLS BODYATTACK
22:00	22:00 ~ 22:30 LES MILLS BODYATTACK			22:15 ~ 23:00 LES MILLS SH'BAM	22:15 ~ 23:00 LES MILLS SH'BAM	21:30 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYPUMP
23:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	22:30 ~ 23:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:00 ~ 23:30 LES MILLS SH'BAM	23:00 ~ 23:30 LES MILLS BODYCOMBAT

黒塗りはインストラクターによるLiveレッスン ☆はLiveとZOOMリモートの併用レッスンです