

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	レッスン変更 0:00 ~ 0:30 LES MILLS GRIT ATHLETIC	0:00 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS SH'BAM	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	レッスン変更 1:00 ~ 2:00 LES MILLS BODYPUMP	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYPUMP	1:00 ~ 1:30 LES MILLS SH'BAM	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS SH'BAM
2:00	レッスン変更 2:30 ~ 3:00 GRIT STRENGTH	2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 GRIT CARDIO	2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 CORE	2:00 ~ 2:30 LES MILLS BODYPUMP
3:00	時間変更 3:30 ~ 4:30	3:00 ~ 3:30 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS BODYBALANCE	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 barre	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 LES MILLS BODYCOMBAT
4:00	LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS BODYCOMBAT	4:00 ~ 4:30 LES MILLS BODYBALANCE	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 barre	4:00 ~ 4:30 LES MILLS BODYBALANCE
5:00	5:00 ~ 5:30 CORE	5:00 ~ 5:30 LES MILLS BODYBALANCE	5:00 ~ 5:30 barre	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 GRIT ATHLETIC
6:00	6:00 ~ 6:30 GRIT CARDIO	6:00 ~ 6:30 CORE	6:00 ~ 6:30 GRIT ATHLETIC	6:00 ~ 6:30 LES MILLS SH'BAM	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 LES MILLS BODYPUMP
7:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:45 LES MILLS SH'BAM	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 CORE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYATTACK
8:00	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYPUMP	8:00 ~ 8:45 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:30 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 CORE
10:00	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 CORE	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYBALANCE	NEW 10:00 ~ 11:00 ★ リラックスヨガ Live/ZOOM併用 (Ryoma)	10:00 ~ 10:30 LES MILLS SH'BAM
11:00	11:00~11:30 体幹エクササイズ (staff) 2日: VirtualCORE	★ 11:00 ~ 12:00 姿勢調整ヨガ Live/ZOOM併用 (YURINA) 3日: VirtualBODYBALANCE	11:00 ~ 12:00 勝&リンバ®エクササイズ Live/ZOOM併用 (MIHO)	11:00 ~ 12:00 簡単エアロ (円山 可奈子)	11:00 ~ 11:30 LES MILLS BODYCOMBAT	レッスン変更 11:30 ~ 12:00 barre	11:00 ~ 11:45 LES MILLS BODYCOMBAT (天野) 1日: VirtualBODYCOMBAT
12:00	★ 11:45~12:30 体ほぐしヨガ Live/ZOOM併用 (MIYAKO) 2日: VirtualBODYBALANCE	12:30 ~ 13:00 LES MILLS BODYATTACK	12:30 ~ 13:00 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS SH'BAM	12:00 ~ 12:30 LES MILLS SH'BAM	12:30 ~ 13:00 LES MILLS BODYATTACK	12:15 ~ 13:00 LES MILLS BODYATTACK
13:00	13:00~13:30 LES MILLS BODYCOMBAT	13:30 ~ 14:15 LES MILLS SH'BAM	13:30 ~ 14:00 barre	13:45~14:30 LES MILLS BODYATTACK	13:00 ~ 13:30 CORE	13:45~14:30 LES MILLS SH'BAM	13:30 ~ 14:15 LES MILLS BODYBALANCE
14:00	14:00~14:30 LES MILLS BODYATTACK	14:45 ~ 15:45 LES MILLS BODYPUMP	14:30 ~ 15:15 LES MILLS BODYPUMP	15:00 ~ 15:30 CORE	14:00 ~ 14:45 LES MILLS BODYPUMP	14:45~15:30 LES MILLS SH'BAM	14:45 ~ 15:30 LES MILLS BODYPUMP
15:00	15:00 ~ 15:30 CORE	16:30 ~ 17:30 Kids Dance (YURINA)	15:45 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:45 LES MILLS SH'BAM	15:15 ~ 15:45 LES MILLS BODYATTACK	15:00 ~ 16:00 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS SH'BAM
16:00	16:00 ~ 16:30 LES MILLS BODYPUMP	17:00 ~ 17:30 フリータイム	17:00 ~ 18:00 Kidsエクササイズ PKXy (ピクシー) (Chica)	17:15~18:00 LES MILLS BODYPUMP	16:15 ~ 16:45 GRIT STRENGTH	16:30 ~ 17:00 LES MILLS BODYBALANCE	17:00 ~ 17:30 LES MILLS BODYCOMBAT
17:00	17:00~17:30 フリータイム	17:45 ~ 18:45 Kids Dance (YURINA)	18:30 ~ 19:00 LES MILLS BODYATTACK	18:30 ~ 19:00 LES MILLS BODYATTACK	17:15 ~ 17:45 LES MILLS BODYCOMBAT	17:30 ~ 18:15 LES MILLS BODYATTACK	18:00 ~ 18:30 barre
18:00	18:00 ~ 19:00 LES MILLS BODYBALANCE	3日: VirtualBODYCOMBAT	19:30 ~ 20:30 LES MILLS BODYATTACK	18:15 ~ 19:00 LES MILLS SH'BAM	18:15 ~ 19:00 LES MILLS SH'BAM	18:45~19:15 CORE	19:00 ~ 19:30 LES MILLS BODYBALANCE
19:00	19:30 ~ 20:15 LES MILLS BODYATTACK LES MILLS BODYCOMBAT (橋本) (天野) 第1...Virtual, 第3...橋本 第2...天野	レッスン変更 19:30 ~ 20:15 LES MILLS SH'BAM (吉田) 3日: VirtualSH'BAM	NEW 19:30 ~ 20:15 ★ Hula Live/ZOOM併用 (Kei Fukuyama) (Chica)	レッスン変更 19:30 ~ 20:15 LES MILLS BODYATTACK LES MILLS BODYPUMP (橋本) (大腹) 第1, 3...橋本 第2, 4...大腹	レッスン変更 19:30 ~ 20:15 LES MILLS BODYATTACK 6日: 上床ラストレッスン★	19:45~20:30 LES MILLS SH'BAM	20:00 ~ 20:30 CORE
20:00	20:45 ~ 21:30 LES MILLS SH'BAM	★ 20:45 ~ 21:45 バランスヨガ Live/ZOOM併用 (YURINA) 3日: VirtualBODYBALANCE	21:00 ~ 21:45 LES MILLS BODYPUMP (大腹) 21:00~21:45 LES MILLS BODYPUMP	★ 20:45 ~ 21:45 美筋ヨガ Live/ZOOM併用 (YURINA)	★ 20:45 ~ 21:45 リラックスヨガ Live/ZOOM併用 (戸神 佐知子)	21:00~22:00 LES MILLS BODYPUMP	21:00 ~ 21:30 LES MILLS SH'BAM
21:00	22:00 ~ 22:30 LES MILLS BODYPUMP	22:30 ~ 23:30 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS SH'BAM	22:30~23:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT
22:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:00 ~ 23:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS BODYATTACK

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