

	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 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	1:00 ~ 1:30 LES MILLS BODYBALANCE	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	2:00 ~ 2:30 LES MILLS BODYPUMP	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 LES MILLS CORE	2:00 ~ 2:30 LES MILLS BODYPUMP
3:00	3:00 ~ 3:30 LES MILLS SH'BAM	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	4:00 ~ 4:30 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 LES MILLS 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 LES MILLS 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 LES MILLS 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 LES MILLS CORE
10:00	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS CORE	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS SH'BAM
11:00	NEW 11:00~11:30 体幹エクササイズ (staff) 時間変更 11:45~12:30 体ほぐしヨガ Live/ZOOM併用 (MIYAKO)	11:00 ~ 12:00 ★ 姿勢調整ヨガ Live/ZOOM併用 (YURINA)	11:00 ~ 12:00 ★ 腸&リンパ®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	インストラクター変更 11:00~12:00 ★ 美筋ヨガ Live/ZOOM併用 (YURINA) 第1, 3 YOGA 2, 4 virtual BODYBALANCE	11:00 ~ 11:45 LES MILLS BODYCOMBAT (天野)
12:00	11:45 ~ 12:30 体ほぐしヨガ Live/ZOOM併用 (MIYAKO)	12:30 ~ 13:00 LES MILLS BODYATTACK (橋本)	13:00 ~ 14:00 ★ Danceエクササイズ Live/ZOOM併用 (YURINA)	12:30 ~ 13:00 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	13:00 ~ 14:00 ★ Danceエクササイズ Live/ZOOM併用 (YURINA)	13:30 ~ 14:00 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS CORE	13:45 ~ 14:30 時間変更 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	14:30 ~ 15:00 GRIT   ATHLETIC	14:00 ~ 14:45 LES MILLS BODYPUMP	15:00 ~ 16:00 時間変更 LES MILLS BODYCOMBAT	14:45 ~ 15:30 LES MILLS BODYPUMP
15:00	15:00 ~ 15:30 LES MILLS CORE	16:30 ~ 17:30 Kids Dance (YURINA)	15:45 ~ 16:30 LES MILLS BODYBALANCE	15:30 ~ 16:00 LES MILLS BODYCOMBAT	15:15 ~ 15:45 LES MILLS BODYATTACK	16:30 ~ 17:00 LES MILLS BODYBALANCE	16:00 ~ 16:30 LES MILLS SH'BAM
16:00	16:00 ~ 16:30 LES MILLS BODYPUMP	17:00 ~ 17:30 barre	17:00 ~ 18:00 Kidsエクササイズ PKXy (ピクシー) (Chica)	16:30 ~ 17:00 LES MILLS SH'BAM	16:15 ~ 16:45 GRIT   STRENGTH	17:00 ~ 17:30 LES MILLS BODYCOMBAT	17:00 ~ 17:30 LES MILLS BODYCOMBAT
17:00	17:00 ~ 17:30 barre	17:45 ~ 18:45 Kids Dance (YURINA)	18:30 ~ 19:00 LES MILLS BODYATTACK	17:30 ~ 18:00 LES MILLS BODYPUMP	17:15 ~ 17:45 LES MILLS BODYCOMBAT	17:30 ~ 18:00 LES MILLS BODYATTACK	18:00 ~ 18:30 barre
18:00	18:00 ~ 19:00 LES MILLS BODYBALANCE	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)	18:30 ~ 19:00 LES MILLS BODYATTACK	18:15 ~ 19:00 LES MILLS SH'BAM	18:30 ~ 19:00 LES MILLS CORE	19:00 ~ 19:30 LES MILLS BODYBALANCE
19:00	19:00 ~ 19:30 LES MILLS BODYBALANCE	21:00 ~ 22:00 ★ バランスヨガ Live/ZOOM併用 (YURINA)	21:00 ~ 21:45 ★ LES MILLS BODYPUMP (chica or 大腹)	20:45 ~ 21:45 ★ 美筋ヨガ Live/ZOOM併用 (YURINA)	19:30 ~ 20:15 インストラクター変更 20:45 ~ 21:45 ★ リラックスヨガ live/ZOOM併用 (戸神 佐知子)	20:30 ~ 21:00 LES MILLS BODYPUMP	21:00 ~ 21:30 LES MILLS SH'BAM
20:00	19:30 ~ 20:15 インストラクター変更 LES MILLS BODYCOMBAT LES MILLS BODYATTACK (天野) (上床) 第1, 3...天野 第2, 4...上床	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 SH'BAM (吉田)	19:30 ~ 20:15 LES MILLS BODYATTACK (上床)	20:30 ~ 21:00 LES MILLS BODYPUMP	20:00 ~ 20:30 LES MILLS CORE
21:00	20:45 ~ 21:30 LES MILLS SH'BAM	21:00 ~ 22:00 ★ バランスヨガ Live/ZOOM併用 (YURINA)	21:00 ~ 21:45 ★ LES MILLS BODYPUMP (chica or 大腹)	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)	21:30 ~ 22:30 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS SH'BAM
22:00	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	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT
23:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 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 SH'BAM	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