

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LES MILLS GRIT   ATHLETIC	0:00 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS SH'BAM	0:00 ~ 0:30 LES MILLS BODYPUMP	0:00 ~ 1:00 LES MILLS BODYPUMP	23:30 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYBALANCE
1:00	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	1:30 ~ 2:00 LES MILLS GRIT   ATHLETIC	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS SH'BAM
2:00	2:30 ~ 3:00 LES MILLS GRIT   STRENGTH	2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 LES MILLS GRIT   CARDIO	2:30 ~ 3:00 LES MILLS GRIT   STRENGTH	2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 LES MILLS BODYPUMP
3:00	3:30 ~ 4:30 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS BODYBALANCE	3:00 ~ 3:30 LES MILLS BODYATTACK	3:30 ~ 4:00 LES MILLS GRIT   CARDIO	3:00 ~ 3:30 LES MILLS GRIT   CARDIO	3:00 ~ 3:30 LES MILLS BODYCOMBAT
4:00	4:00 ~ 5:30 LES MILLS CORE	4:00 ~ 4:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS BODYCOMBAT	4:00 ~ 4:30 LES MILLS BODYBALANCE	4:30 ~ 5:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS barre	4:00 ~ 4:30 LES MILLS BODYBALANCE
5:00	6:00 ~ 6:30 LES MILLS GRIT   CARDIO	5:00 ~ 5:30 LES MILLS BODYBALANCE	5:00 ~ 5:30 LES MILLS barre	5:00 ~ 5:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS CORE	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS GRIT   ATHLETIC
6:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS CORE	6:00 ~ 6:30 LES MILLS GRIT   ATHLETIC	6:00 ~ 6:30 LES MILLS SH'BAM	7:00 ~ 7:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 LES MILLS BODYPUMP
7:00	8:00 ~ 8:30 LES MILLS SH'BAM	7:00 ~ 7:45 LES MILLS SH'BAM	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS CORE	8:00 ~ 8:30 LES MILLS SH'BAM	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYATTACK
8:00	9:00 ~ 9:30 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYPUMP	8:00 ~ 8:45 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYPUMP	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	10:00 ~ 10:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 9:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS BODYBALANCE	レッスン変更 9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS CORE
10:00	11:00 ~ 12:00 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS CORE	10:00 ~ 10:30 LES MILLS BODYCOMBAT	11:00 ~ 12:00 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS barre	10:00 ~ 10:30 LES MILLS SH'BAM
11:00	12:00 ~ 12:45 LES MILLS BODYCOMBAT	11:00 ~ 12:00 姿勢調整ヨガ (YURINA)	11:00 ~ 12:00 腸&リンパ® エクササイズ (MIHO)	11:00 ~ 12:00 簡単エアロ (円山 可奈子)	12:00 ~ 12:45 2日VirtualBODYATTACK レッスン変更	11:00 ~ 12:00 リラックスヨガ (Ryoma)	11:00 ~ 12:00 LES MILLS BODYCOMBAT
12:00	12:30 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:00 LES MILLS BODYATTACK	12:15 ~ 12:45 体幹エクササイズ (STAFF)	12:30 ~ 13:15 DANCE	12:30 ~ 13:15 LES MILLS SH'BAM	12:30 ~ 13:15 LES MILLS BODYATTACK	12日A-wear体験会(浅野) レッスン変更
13:00	14:00 ~ 14:30 LES MILLS BODYATTACK	13:30 ~ 14:15 LES MILLS SH'BAM	13:15 ~ 14:00 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS BODYATTACK	13:45 ~ 14:45 LES MILLS BODYPUMP	13:45 ~ 14:30 LES MILLS SH'BAM	13:45 ~ 14:30 LES MILLS BODYBALANCE
14:00	15:00 ~ 15:30 LES MILLS CORE	14:45 ~ 15:45 LES MILLS BODYPUMP	14:30 ~ 15:15 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS SH'BAM	15:15 ~ 15:45 LES MILLS BODYATTACK	15:00 ~ 16:00 LES MILLS BODYCOMBAT	15:00 ~ 16:00 LES MILLS BODYPUMP
15:00	16:00 ~ 16:30 LES MILLS BODYPUMP	16:30 ~ 17:30 Kids Dance (AONA)	15:45 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:45 LES MILLS BODYCOMBAT	16:15 ~ 16:45 LES MILLS GRIT   STRENGTH	16:30 ~ 17:00 LES MILLS BODYBALANCE	16:30 ~ 17:30 LES MILLS BODYATTACK
16:00	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:45 ~ 18:45 Kids Dance (AONA)	17:00 ~ 18:00 Kids エクササイズ PKXy(ピクシー) (Chica)	17:15 ~ 18:00 LES MILLS BODYPUMP	17:15 ~ 17:45 LES MILLS BODYCOMBAT	17:30 ~ 18:15 LES MILLS BODYATTACK	17:30 ~ 18:15 LES MILLS BODYATTACK
17:00	18:00 ~ 19:00 LES MILLS BODYBALANCE	18:30 ~ 19:30 Hula (KEI)	18:30 ~ 19:30 Hula (KEI)	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:15 ~ 19:00 DANCE	18:45 ~ 19:15 LES MILLS CORE	18:00 ~ 18:45 LES MILLS BODYCOMBAT
18:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口)	19:30 ~ 20:15 LES MILLS DANCE (吉田)	19:45 ~ 20:15 LES MILLS BODYPUMP (Chica)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本)	19:30 ~ 20:15 LES MILLS BODYPUMP	レッスン変更 19:45 ~ 20:30 LES MILLS DANCE	19:15 ~ 20:15 LES MILLS BODYBALANCE
19:00	20:45 ~ 21:30 LES MILLS SH'BAM	20:45 ~ 21:45 美筋ヨガ (YURINA)	20:45 ~ 21:15 DANCE	20:45 ~ 21:45 美筋ヨガ (YURINA)	20:45 ~ 21:45 リラックスヨガ (戸神 佐知子)	21:00 ~ 22:00 LES MILLS BODYCOMBAT	20:45 ~ 21:30 LES MILLS SH'BAM
20:00	22:00 ~ 22:30 LES MILLS BODYPUMP	22:30 ~ 23:30 LES MILLS BODYCOMBAT	21:45 ~ 22:30 LES MILLS BODYBALANCE	22:15 ~ 23:15 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS SH'BAM	22:30 ~ 23:30 LES MILLS BODYPUMP	22:00 ~ 22:30 LES MILLS BODYCOMBAT
21:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS BODYCOMBAT	23:00 ~ 23:30 LES MILLS CORE	23:30 ~ 0:30 LES MILLS BODYCOMBAT	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レッスンです  
【A-wear体験会】5/12(日)11:00~ 担当:浅野