

	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 SHYBAM	23:30 ~ 0:15	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	0:45 ~ 1:30 LES MILLS SHYBAM	1:30 ~ 2:00 GRIT ATHLETIC	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS SHYBAM
2:00	2:30 ~ 3:00 GRIT STRENGTH	2:00 ~ 2:30 SHYBAM	2:00 ~ 2:30 BODYATTACK	2:00 ~ 2:30 GRIT CARDIO	2:30 ~ 3:00 GRIT STRENGTH	2:00 ~ 2:30 CORE	2:00 ~ 2:30 BODYPUMP
3:00	3:30 ~ 4:30	3:00 ~ 3:30 BODYPUMP	3:00 ~ 3:30 BODYBALANCE	3:00 ~ 3:30 BODYATTACK	3:30 ~ 4:00 GRIT CARDIO	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 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	4:30 ~ 5:30	4:00 ~ 4:30 barre	4:00 ~ 4:30 LES MILLS BODYBALANCE
5:00	5:00 ~ 5:30 CORE	5:00 ~ 5:30 BODYBALANCE	5:00 ~ 5:30 barre	5:00 ~ 5:30 BODYCOMBAT	5:00 ~ 5:30 BODYATTACK	5:00 ~ 5:30 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 SHYBAM	6:00 ~ 6:30 CORE	6:00 ~ 6:30 BODYATTACK	6:00 ~ 6:30 BODYPUMP
7:00	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 BODYATTACK	7:00 ~ 7:30 CORE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYATTACK
8:00	8:00 ~ 8:30 LES MILLS SHYBAM	8:00 ~ 8:30 BODYPUMP	8:00 ~ 8:45 BODYBALANCE	8:00 ~ 8:30 BODYATTACK	8:00 ~ 8:30 SHYBAM	8:00 ~ 8:30 BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 BODYBALANCE	8:45 ~ 9:30 DANCE	9:00 ~ 9:30 BODYCOMBAT	9:00 ~ 10:00 LES MILLS BODYBALANCE	9:00 ~ 9:30 BODYPUMP	9:00 ~ 9:30 DANCE	9:00 ~ 9:30 CORE
10:00	10:00 ~ 10:30 DANCE	10:00 ~ 10:30 BODYCOMBAT	10:00 ~ 10:30 CORE	10:30 ~ 11:00 はじめてエアロ (山本 聖子)	10:00 ~ 10:30 BODYBALANCE	10:00 ~ 10:30 barre	10:00 ~ 10:30 LES MILLS SHYBAM
11:00	11:00 ~ 12:00 LES MILLS BODYBALANCE	11:00 ~ 12:00 姿勢調整ヨガ (YURINA)	11:00 ~ 12:00 脚&リンパ® エクササイズ (MIHO)	11:15 ~ 12:00 楽しくエアロ (丹山 可奈子)	11:00 ~ 12:00 LES MILLS BODYCOMBAT	11:00 ~ 12:00 リラックスヨガ (Ryoma)	11:00 ~ 12:00 LES MILLS BODYATTACK
12:00	12:30 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:00 BODYATTACK	12:15 ~ 12:45 体験エクササイズ (STAFF)	12:30 ~ 13:15 LES MILLS DANCE	12:30 ~ 13:15 LES MILLS SHYBAM	12:30 ~ 13:15 LES MILLS BODYATTACK	12:30 ~ 13:15 LES MILLS DANCE
13:00	13:30 ~ 14:15 LES MILLS SHYBAM	13:30 ~ 14:15 LES MILLS BODYCOMBAT	13:15 ~ 14:00 LES MILLS BODYATTACK	13:45 ~ 14:30 LES MILLS BODYATTACK	13:45 ~ 14:45 LES MILLS BODYPUMP	13:45~14:30 LES MILLS SHYBAM	13:45 ~ 14:30 LES MILLS BODYBALANCE
14:00	14:00 ~ 14:30 BODYATTACK	14:45 ~ 15:45	14:30 ~ 15:15 LES MILLS BODYATTACK	15:00 ~ 15:30 SHYBAM	15:15 ~ 15:45 BODYATTACK	15:00 ~ 16:00 LES MILLS BODYCOMBAT	15:00 ~ 15:45 LES MILLS BODYCOMBAT (KYOKA)
15:00	15:00 ~ 16:30 CORE	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 GRIT STRENGTH	16:30 ~ 17:00 LES MILLS BODYBALANCE	16:15 ~ 17:15 LES MILLS BODYPUMP
16:00	16:00 ~ 16:30 BODYPUMP	17:00 ~ 17:30 barre	17:00 ~ 18:00 Kids エクササイズ P K X Y (ヒクシー) (Chica)	17:15 ~ 18:00 LES MILLS BODYPUMP	17:15 ~ 17:45 LES MILLS BODYCOMBAT	17:30 ~ 18:15 LES MILLS BODYATTACK	17:45 ~ 18:45 LES MILLS BODYATTACK
17:00	17:00 ~ 19:00 LES MILLS BODYBALANCE	17:45 ~ 18:45 Kids Dance (AONA)	18:00 ~ 19:30 Hula (KEI)	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:15 ~ 19:00 LES MILLS DANCE	18:45 ~ 19:15 CORE	19:15 ~ 20:15 LES MILLS BODYATTACK
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	19:45 ~ 20:30 LES MILLS DANCE	19:15 ~ 20:15 LES MILLS BODYBALANCE
19:00	20:45 ~ 21:30 LES MILLS SHYBAM	20:45 ~ 21:45 美筋ヨガ (YURINA)	20:45 ~ 21:30 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 DANCE
20:00	22:00 ~ 22:30 BODYPUMP	22:30 ~ 23:30 LES MILLS BODYCOMBAT	21:45 ~ 22:45 LES MILLS BODYBALANCE	22:15 ~ 23:15 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS SHYBAM	22:30 ~ 23:30 LES MILLS BODYPUMP	22:00 ~ 22:30 LES MILLS BODYCOMBAT
21:00	23:00 ~ 23:30 BODYBALANCE	23:15 ~ 0:15 LES MILLS BODYPUMP	23:15 ~ 0:15 LES MILLS BODYPUMP	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

★20日(日) 13:30~14:30【うによトレセミナー】(浅野) ~脱力を理解し、しなやかに身体を操作する~ 運動初心者の方も大歓迎!