

	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	23:30 ~ 0:30 LES MILLS BODYATTACK	23:45 ~ 0:30 LES MILLS DANCE	23:30 ~ 0:15	23:45 ~ 0:45 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYBALANCE
1:00				レッスン変更		レッスン変更	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	0:45 ~ 1:30 LES MILLS DANCE	1:15 ~ 2:00 LES MILLS DANCE	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00		レッスン変更					
		2:00 ~ 2:30 LES MILLS DANCE	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 LES MILLS GRIT CARDIO		2:00 ~ 2:30 LES MILLS CORE	2:00 ~ 2:30 LES MILLS BODYPUMP
3:00	2:30 ~ 3:00 LES MILLS GRIT STRENGTH				2:30 ~ 3:00 LES MILLS GRIT STRENGTH		
		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 LES MILLS GRIT CARDIO	3:00 ~ 3:30 LES MILLS BODYCOMBAT
4:00	3:30 ~ 4:30 LES MILLS BODYATTACK				3:30 ~ 4:00 LES MILLS GRIT CARDIO	レッスン変更	
		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 DANCE	4:00 ~ 4:30 LES MILLS BODYBALANCE
5:00			レッスン変更				
	5:00 ~ 5:30 LES MILLS CORE	5:00 ~ 5:30 LES MILLS BODYBALANCE	5:00 ~ 5:30 LES MILLS DANCE	5:00 ~ 5:30 LES MILLS BODYCOMBAT	4:30 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS BODYPUMP	5:00 ~ 5:30 LES MILLS GRIT ATHLETIC
6:00				レッスン変更			
	6:00 ~ 6:30 LES MILLS GRIT CARDIO	6:00 ~ 6:30 LES MILLS CORE	6:00 ~ 6:30 LES MILLS GRIT ATHLETIC	6:00 ~ 6:30 LES MILLS DANCE	6:00 ~ 6:30 LES MILLS CORE	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 ~ 7:30 LES MILLS BODYCOMBAT	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	レッスン変更						
	8:00 ~ 8:30 LES MILLS DANCE	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 DANCE	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00		8:45 ~ 9:30					
	9:00 ~ 9:30 LES MILLS BODYBALANCE	LES MILLS DANCE	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 10:00 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS CORE
10:00						レッスン変更	レッスン変更
	10:00 ~ 10:30 LES MILLS DANCE	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS CORE		10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 LES MILLS DANCE
11:00				10:30 ~ 11:00 はじめてエアロ (円山 可奈子)			
	11:00 ~ 12:00 LES MILLS BODYBALANCE	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)	2.9VirtualCORE 11:15 ~ 12:00 楽しくエアロ (円山 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			1.9VirtualBODYBALANCE	2.9VirtualBODYATTACK			
		時間変更	12:15 ~ 12:45 LES MILLS CORE	12:15 ~ 12:45 レッスン変更	12:30 ~ 13:15 レッスン変更		
13:00	12:30 ~ 13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYATTACK	13:15 ~ 14:00 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYPUMP	12:30 ~ 13:15 LES MILLS DANCE	12:30 ~ 13:15 LES MILLS BODYATTACK	12:30 ~ 13:15 LES MILLS DANCE
14:00		レッスン変更					
	14:00 ~ 14:30 LES MILLS BODYATTACK	13:45 ~ 14:30 LES MILLS DANCE	14:30 ~ 15:15 レッスン変更	13:45 ~ 14:30 LES MILLS BODYATTACK	13:45 ~ 14:45 LES MILLS BODYPUMP	13:45 ~ 14:30 LES MILLS DANCE	13:45 ~ 14:30 LES MILLS BODYBALANCE
15:00		時間変更					
	15:00 ~ 15:30 LES MILLS CORE	15:00 ~ 16:00 LES MILLS BODYPUMP	15:45 ~ 16:30 LES MILLS DANCE	15:00 ~ 15:30 LES MILLS DANCE	15:15 ~ 15:45 LES MILLS BODYATTACK	15:00 ~ 16:00 LES MILLS BODYCOMBAT	15:00 ~ 15:45 LES MILLS BODYCOMBAT (KYOKA)
16:00							
	16:00 ~ 16:30 LES MILLS BODYPUMP		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	16:15 ~ 17:00 LES MILLS BODYPUMP
17:00		16:30 ~ 17:30					
	17:00 ~ 17:30 LES MILLS BODYATTACK	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	17:15 ~ 18:00 LES MILLS DANCE
18:00		17:45 ~ 18:45					
	18:00 ~ 19:00 LES MILLS BODYBALANCE	Kids Dance (AONA)	1.9VirtualBODYCOMBAT	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:15 ~ 19:00 LES MILLS DANCE	18:45 ~ 19:15 LES MILLS CORE	18:15 ~ 19:00 LES MILLS BODYATTACK
19:00							
			Hula (KEI)				時間変更
20:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (山口)	19:30 ~ 20:15 LES MILLS DANCE (吉田)	1.9VirtualDANCE 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	19:30 ~ 20:15 LES MILLS BODYBALANCE
	13.9VirtualBODYCOMBAT		1.9VirtualBODYPUMP	2.9VirtualBODYATTACK			
21:00	20:45 ~ 21:30 LES MILLS DANCE	20:45 ~ 21:45 美筋ヨガ (YURINA)	20:45 ~ 21:30 LES MILLS 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 DANCE
22:00	レッスン変更						
	22:00 ~ 23:00 LES MILLS BODYPUMP	時間変更	21:45 ~ 22:45 LES MILLS BODYBALANCE	2.9VirtualBODYBALANCE 22:15 ~ 23:15 レッスン変更	3.9VirtualBODYBALANCE 22:15 ~ 23:00 レッスン変更	22:30 ~ 23:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT
23:00		22:15 ~ 23:15 LES MILLS BODYCOMBAT					
	時間変更						
	23:30 ~ 0:30 LES MILLS BODYATTACK	レッスン変更	23:15 ~ 0:15 LES MILLS BODYPUMP	レッスン変更	23:30 ~ 0:30 LES MILLS BODYCOMBAT		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

●12/30(月)~1/3(金)のLIVEレッスンは全てヴァーチャルレッスンに変更となります。