

✓ LeXy Fit 上eXy Fit 津新町 STUDIO Program 2025年12月

	月 MON	火 TUE	水 WED	木 THU	金 FRI	± SAT	∃ SUN
0:00	0:00 ~ 0:30	23:30 ~ 0:30	23:45 ~ 0:30	23:30 ~ 0:15	0:00 ~ 1:00	23:30 ~ 0:30	0:00 ~ 0:3
	OGRIT ATHLETIC	D BODYATTACK	(DANCE		O BODYPUMP		D LESMILLS BODYBALANC
1:00	1:00 ~ 2:00	1:00 ~ 1:30	1:00 ~ 1:30 LesminLs BODYPUMP	0:45 ~ 1:30 DANCE	- Bosti oiiii	0:45 ~ 1:30 DESMILLS BODYATTACK	1:00 ~ 1:3
	D BODYPUMP	O BODYCOMBAT	BODYPUMP	OLIMACE	1:30 ~ 2:00	BODYAFIACK	© BODYATTAC
2:00		2:00 ~ 2:30	2:00 ~ 2:30 LESMILLS BODYATTACK	2:00 ~ 2:30 • GRIT cardio	⊙ GRIT ATHLETIC	2:00 ~ 2:30	2:00 ~ 2:3 DESMILLS BODYPUMP
	2:30 ~ 3:00	O DANCE	O BODYATTACK	© GRIT CARDIO	2:30 ~ 3:00	0 CORE	O BODYPUMP
3:00	OGRIT STRENGTH	3:00 ~ 3:30 Lesmils BODYPUMP	3:00 ~ 3:30	3:00 ~ 3:30	OGRIT STRENGTH	3:00 ~ 3:30	3:00 ~ 3:3
	3:30 ~ 4:30	BODYPUMP	D BODYBALANCE	O BODYATTACK	3:30 ~ 4:00	⊙ GRIT cardio	O BODYCOMI
4:00	D LESMILLS BODYATTACK	4:00 ~ 4:30	4:00 ~ 4:30	4:00 ~ 4:30 LESMILLS BODYBALANCE	⊙ GRIT cardio	4:00 ~ 4:30	4:00 ~ 4:3
		D BODYATTACK	D LESMILLS BODYCOMBAT	BODYBALANCE	4:30 ~ 5:30	DANCE	D BODYBALAN
5:00	5:00 ~ 5:30 OCORE	5:00 ~ 5:30	5:00 ~ 5:30	5:00 ~ 5:30 Desiration 5:00 5:30 5:00 5:	O LESMILLS BODYATTACK	5:00 ~ 5:30	5:00 ~ 5:3
	OCORE	D LESMILLS BODYBALANCE	(DANCE	O BODYCOMBAT		D BODYPUMP	⊙ GRIT ATHI
6:00	6:00 ~ 6:30	6:00 ~ 6:30 OCORE	6:00 ~ 6:30	6:00 ~ 6:30	6:00 ~ 6:30 OCORE	6:00 ~ 6:30 DESMILLS BODYATTACK	6:00 ~ 6:3
	O GRIT CARDIO	OCORE	O GRIT ATHLETIC	(DANCE	OCORE	O BODYATTACK	○ BODYPUMP
7:00	7:00 ~ 7:30 Lesmils BODYCOMBAT	7:00 ~ 7:30	7:00 ~ 7:30	7:00 ~ 7:30 OCORE	7:00 ~ 7:30 LessMills BODYCOMBAT	7:00 ~ 7:30	7:00 ~ 7:3
	BODYCOMBAT	O BODYCOMBAT	D BODYATTACK	OCORE	BODYCOMBAT	O BODYBALANCE	○ BODYATTA
B:00	8:00 ~ 8:30 Leastfills	8:00 ~ 8:30 • RODYPUMP	8:00 ~ 8:45	8:00 ~ 8:30	8:00 ~ 8:30	8:00 ~ 8:45	8:00 ~ 8:4
	DANCE		D BODYBALANCE	D BODYATTACK	DANCE	BODYCOMBAT	D BODYBALA
9:00	9:00 ~ 10:00	8:45 ~ 9:30 DANCE	9:00 ~ 9:30 DESMILLS BODYCOMBAT	9:00 ~ 10:00	9:00 ~ 9:30	9:00 ~ 9:45	9:00 ~ 9:0 OCORI
	O BODYBALANCE		O BODYCOMBAT	D LESMILLS BODYBALANCE	O BODYPUMP	DANCE	OCORI
0:00		9:45 ~ 10:30 LESMILLS BODYCOMBAT	10:00 ~ 10:30		10:00 ~ 10:30	10:00 ~ 10:30	10:00 ~ 10:
	10:15 ~ 11:00 LESMILS DANCE	Вортсомва	O BODYATTACK	10:30 ~ 11:00 はじめてエアロ (円山 可奈子)	O BODYBALANCE	D BODYPUMP	() DANCE
1:00	OBARCE	11:00 ~ 12:00	11:00 ~ 12:00		11:00 ~ 12:00	11:00 ~ 12:00	11:00 ~ 12:
	11:30 ~ 12:30	姿勢調整ヨガ (YURINA)	腸&リンパ® エクササイズ	11:15 ~ 12:00 楽 しくエアロ (円山 可奈子)	O BODYCOMBAT	リラックスヨガ	O BODYATT
2:00	Hula (KEI)	30日 休講 Virtual BODYBALANCE	(MIHO) 31日 VirtualDANCE			(Ryoma)	
	(REI)	12:30 ~ 13:15	12:15 ~ 13:00 ヨガストレッチ	12:30 ~ 13:15	12:30 ~ 13:15	12:30 ~ 13:15	12:15 ~ 12: OCORI
3:00	13:00 ~ 13:45	D BODYATTACK	(Chica) 31日 休講 Virtual BODYBALANCE	BODYPUMP	DANCE	D LESMILLS BODYATTACK	13:00 ~ 13:
	O BODYCOMBAT		13:30 ~ 14:15			20日クリスマスイベント ※詳細は別POPをご参照 ください	
4:00	14:00 ~ 14:45	13:45 ~ 14:30	D BODYCOMBAT	13:45 ~ 14:30 LESMILLS BODYATTACK	13:45 ~ 14:45	13:45 ~ 14:30 DANCE	14:00 ~ 14:
	BODYATTACK	OLHICE	14:30 ~ 15:15	O BODIAI IACK	D BODYPUMP	UDITION	BODYBALA
5:00	15:00 ~ 15:30	15:00 ~ 16:00	DANCE LESMILES	15:00 ~ 15:30		15:00 ~ 16:00	↓レッスン週 14,5 15:00 ~ 16:
	OCORE	O BODYPUMP		O GRIT CARDIO	15:15 ~ 15:45 Description	O BODYCOMBAT	BODYPUM.
6:00	16:00 ~ 16:45		15:45 ~ 16:30 LESMILLS BODYATTACK	16:00 ~ 16:45			(野田) 7,21日Virtual BODV
	BODYPUMP	16:30 ~ 17:30	O DODIAI IACK	O BODYCOMBAT	16:15 ~ 16:45 OGRIT STRENGTH	16:15 ~ 17:00 LESMILLS BODYBALANCE	16:15 ~ 17: LESMILLS BODYCOMB
17:00	17:00 ~ 17:30 OGRIT CARDIO	Kids Dance (AONA)	17:00 ~ 18:00	17.15 10.00	17-15 10-00		(野田) 7,21日Virtual BODYC
	O GRIT CARDIO		Kids エクササイズ PKXy(ピクシー) (Chica)	17:15 ~ 18:00 LESMILLS BODYPUMP	17:15 ~ 18:00 BODYCOMBAT	17:30 ~ 18:15	17:30 ~ 18:
8:00	18:00 ~ 19:00	17:45 ~ 18:45 Kids Dance		18:15 ~ 19:00	18:15 ~ 19:00	D LESMILLS BODYATTACK	DANCE
0.00	O BODYBALANCE	(AONA)	18:30 ~ 19:15	18:15 ~ 19:00 LESMILLS BODYATTACK	18:15 ~ 19:00	10 - 45 10 - 15	18:30 ~ 19:
9:00			O BODYBALANCE		Q = 2 = 2 = 2	18: 45 ~ 19: 15 OCORE	D BODYATTA
0.00	19:30 ~ 20:15 LESMILLS	19:30 ~ 20:15	19:45 ~ 20:15	19:30 ~ 20:15	19:30 ~ 20:15 LESMILLS	19:45 ~ 20:30	19:30 ~ 20:
20:00	BODYCOMBAT (山口)	DANCE (吉田)	19:45 ~ 20:15 BODYPUMP (Chica)	O BODYCOMBAT	BODYPUMP	19:45 ~ 20:30 LESMILLS DANCE	O BODYBALA
4.65	20 - 45 - 21 - 22	30日 休講 Virtual DANCE	(Chica) 31⊟Virtual BODYPUMP 20:45 ~ 21:30			V == 102	20 - 45 24
1:00	20:45 ~ 21:30 LESMILLS LAMPICE	20:45 ~ 21:45 美筋ヨガ	20:45 ~ 21:30	20:45 ~ 21:45 美筋ヨガ	20:45 ~ 21:45 リラックスヨガ	21:00 ~ 22:00	20:45 ~ 21: ••• GRIT CARI
0.00	V	(YURINA)		(YURINA)	(戸神 佐知子)	O BODYCOMBAT	04 - 4"
2:00	22:00 ~ 23:00	30日 休講 Virtual BODYBALANCE	21 : 45 ~ 22 : 45	60 45	19日 休講 Virtual BODYBALANCE		21:45 ~ 22: DESMILLS BODYCOM
	O BODYBALANCE	22:15 ~ 23:15	O BODYBALANCE	22:15 ~ 23:00 BODYPUMP	22:15 ~ 23:15	22:30 ~ 23:30	- DODICOM
3:00		O BODYCOMBAT			O BODYCOMBAT	BODYPUMP	23:00 ~ 23:
	23:30 ~ 0:30 LESMILLS BODYATTACK		23:15 ~ 0:15 LESMILLS BODYPUMP	23:15 ~ 23:45 CORE	23:30 ~ 0:15 • CORE		D BODYATTAC