

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 Ⓢ GRIT ATHLETIC	23:30 ~ 0:30 Ⓢ LESMILLS BODYATTACK	23:45 ~ 0:30 Ⓢ LESMILLS DANCE	23:30 ~ 0:15	0:00 ~ 1:00 Ⓢ LESMILLS BODYPUMP	23:30 ~ 0:30	0:00 ~ 0:30 Ⓢ LESMILLS BODYBALANCE
1:00	1:00 ~ 2:00 Ⓢ LESMILLS BODYPUMP	1:00 ~ 1:30 Ⓢ LESMILLS BODYCOMBAT	1:00 ~ 1:30 Ⓢ LESMILLS BODYPUMP	0:45 ~ 1:30 Ⓢ LESMILLS DANCE	1:30 ~ 2:00 Ⓢ GRIT ATHLETIC	0:45 ~ 1:30 Ⓢ LESMILLS BODYATTACK	1:00 ~ 1:30 Ⓢ LESMILLS BODYATTACK
2:00	2:30 ~ 3:00 Ⓢ GRIT STRENGTH	2:00 ~ 2:30 Ⓢ LESMILLS DANCE	2:00 ~ 2:30 Ⓢ LESMILLS BODYATTACK	2:00 ~ 2:30 Ⓢ GRIT CARDIO	2:30 ~ 3:00 Ⓢ GRIT STRENGTH	2:00 ~ 2:30 Ⓢ LESMILLS CORE	2:00 ~ 2:30 Ⓢ LESMILLS BODYPUMP
3:00	3:30 ~ 4:30 Ⓢ LESMILLS BODYATTACK	3:00 ~ 3:30 Ⓢ LESMILLS BODYPUMP	3:00 ~ 3:30 Ⓢ LESMILLS BODYBALANCE	3:00 ~ 3:30 Ⓢ LESMILLS BODYATTACK	3:30 ~ 4:00 Ⓢ GRIT CARDIO	3:00 ~ 3:30 Ⓢ GRIT CARDIO	3:00 ~ 3:30 Ⓢ LESMILLS BODYCOMBAT
4:00	4:30 ~ 5:30 Ⓢ LESMILLS BODYATTACK	4:00 ~ 4:30 Ⓢ LESMILLS BODYATTACK	4:00 ~ 4:30 Ⓢ LESMILLS BODYCOMBAT	4:00 ~ 4:30 Ⓢ LESMILLS BODYBALANCE	4:30 ~ 5:30 Ⓢ LESMILLS BODYATTACK	4:00 ~ 4:30 Ⓢ LESMILLS DANCE	4:00 ~ 4:30 Ⓢ LESMILLS BODYBALANCE
5:00	5:00 ~ 5:30 Ⓢ LESMILLS CORE	5:00 ~ 5:30 Ⓢ LESMILLS BODYBALANCE	5:00 ~ 5:30 Ⓢ LESMILLS DANCE	5:00 ~ 5:30 Ⓢ LESMILLS BODYCOMBAT	5:00 ~ 5:30 Ⓢ LESMILLS BODYATTACK	5:00 ~ 5:30 Ⓢ LESMILLS BODYPUMP	5:00 ~ 5:30 Ⓢ GRIT ATHLETIC
6:00	6:00 ~ 6:30 Ⓢ GRIT CARDIO	6:00 ~ 6:30 Ⓢ LESMILLS CORE	6:00 ~ 6:30 Ⓢ GRIT ATHLETIC	6:00 ~ 6:30 Ⓢ LESMILLS DANCE	6:00 ~ 6:30 Ⓢ LESMILLS CORE	6:00 ~ 6:30 Ⓢ LESMILLS BODYATTACK	6:00 ~ 6:30 Ⓢ LESMILLS BODYPUMP
7:00	7:00 ~ 7:30 Ⓢ LESMILLS BODYCOMBAT	7:00 ~ 7:30 Ⓢ LESMILLS BODYCOMBAT	7:00 ~ 7:30 Ⓢ LESMILLS BODYATTACK	7:00 ~ 7:30 Ⓢ LESMILLS CORE	7:00 ~ 7:30 Ⓢ LESMILLS BODYCOMBAT	7:00 ~ 7:30 Ⓢ LESMILLS BODYBALANCE	7:00 ~ 7:30 Ⓢ LESMILLS BODYATTACK
8:00	8:00 ~ 8:30 Ⓢ LESMILLS DANCE	8:00 ~ 8:30 Ⓢ LESMILLS BODYPUMP	8:00 ~ 8:45 Ⓢ LESMILLS BODYBALANCE	8:00 ~ 8:30 Ⓢ LESMILLS BODYATTACK	8:00 ~ 8:30 Ⓢ LESMILLS DANCE	8:00 ~ 8:45 Ⓢ LESMILLS BODYCOMBAT	8:00 ~ 8:45 Ⓢ LESMILLS BODYBALANCE
9:00	9:00 ~ 10:00 Ⓢ LESMILLS BODYBALANCE	8:45 ~ 9:30 Ⓢ LESMILLS DANCE	9:00 ~ 9:30 Ⓢ LESMILLS BODYCOMBAT	9:00 ~ 10:00 Ⓢ LESMILLS BODYBALANCE	9:00 ~ 9:30 Ⓢ LESMILLS BODYPUMP	9:00 ~ 9:45 Ⓢ LESMILLS DANCE	9:00 ~ 9:30 Ⓢ LESMILLS CORE
10:00	10:15 ~ 11:00 Ⓢ LESMILLS DANCE	9:45 ~ 10:30 Ⓢ LESMILLS BODYCOMBAT	10:00 ~ 10:30 Ⓢ LESMILLS BODYATTACK	10:30 ~ 11:00 はじめてエアロ (円山 可奈子)	10:00 ~ 10:30 Ⓢ LESMILLS BODYBALANCE	10:00 ~ 10:30 Ⓢ LESMILLS BODYPUMP	10:00 ~ 10:30 Ⓢ LESMILLS DANCE
11:00	11:30 ~ 12:30 Hula (KEI)	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)	11:15 ~ 12:00 楽しくエアロ (円山 可奈子)	11:00 ~ 12:00 Ⓢ LESMILLS BODYCOMBAT	11:00 ~ 12:00 リラックスヨガ (Ryoma)	11:00 ~ 12:00 Ⓢ LESMILLS BODYATTACK
12:00		30日 休講 Virtual BODYBALANCE	31日 Virtual DANCE				12:15 ~ 12:45 Ⓢ LESMILLS CORE
13:00	13:00 ~ 13:45 Ⓢ LESMILLS BODYCOMBAT	12:30 ~ 13:15 Ⓢ LESMILLS BODYATTACK	12:15 ~ 13:00 ヨガストレッチ (Chica)	12:30 ~ 13:15 Ⓢ LESMILLS BODYPUMP	12:30 ~ 13:15 Ⓢ LESMILLS DANCE	12:30 ~ 13:15 Ⓢ LESMILLS BODYATTACK	13:00 ~ 13:45 Ⓢ LESMILLS DANCE
14:00	14:00 ~ 14:45 Ⓢ LESMILLS BODYATTACK	13:45 ~ 14:30 Ⓢ LESMILLS DANCE	13:30 ~ 14:15 Ⓢ LESMILLS BODYCOMBAT	13:45 ~ 14:30 Ⓢ LESMILLS BODYATTACK	13:45 ~ 14:45 Ⓢ LESMILLS BODYPUMP	13:45 ~ 14:30 Ⓢ LESMILLS DANCE	14:00 ~ 14:45 Ⓢ LESMILLS BODYBALANCE
15:00	15:00 ~ 15:30 Ⓢ LESMILLS CORE	15:00 ~ 16:00 Ⓢ LESMILLS BODYPUMP	14:30 ~ 15:15 Ⓢ LESMILLS DANCE	15:00 ~ 15:30 Ⓢ GRIT CARDIO	15:15 ~ 15:45 Ⓢ LESMILLS BODYATTACK	15:00 ~ 16:00 Ⓢ LESMILLS BODYCOMBAT	↓ レッスン週 14, 28日 ↓ 15:00 ~ 16:00 Ⓢ LESMILLS BODYPUMP (野田)
16:00	16:00 ~ 16:45 Ⓢ LESMILLS BODYPUMP	16:30 ~ 17:30 Kids Dance (AONA)	15:45 ~ 16:30 Ⓢ LESMILLS BODYATTACK	16:00 ~ 16:45 Ⓢ LESMILLS BODYCOMBAT	16:15 ~ 16:45 Ⓢ GRIT STRENGTH	16:15 ~ 17:00 Ⓢ LESMILLS BODYBALANCE	7, 21日 Virtual BODYPUMP 16:15 ~ 17:00 Ⓢ LESMILLS BODYCOMBAT (野田)
17:00	17:00 ~ 17:30 Ⓢ GRIT CARDIO	17:45 ~ 18:45 Kids Dance (AONA)	17:00 ~ 18:00 Kids エクササイズ P K X y (ピクシー) (Chica)	17:15 ~ 18:00 Ⓢ LESMILLS BODYPUMP	17:15 ~ 18:00 Ⓢ LESMILLS BODYCOMBAT	17:30 ~ 18:15 Ⓢ LESMILLS BODYATTACK	7, 21日 Virtual BODYCOMBAT 17:30 ~ 18:15 Ⓢ LESMILLS DANCE
18:00	18:00 ~ 19:00 Ⓢ LESMILLS BODYBALANCE		18:30 ~ 19:15 Ⓢ LESMILLS BODYBALANCE	18:15 ~ 19:00 Ⓢ LESMILLS BODYATTACK	18:15 ~ 19:00 Ⓢ LESMILLS DANCE	18:45 ~ 19:15 Ⓢ LESMILLS CORE	18:30 ~ 19:15 Ⓢ LESMILLS BODYATTACK
19:00	19:30 ~ 20:15 Ⓢ LESMILLS BODYCOMBAT (山口)	19:30 ~ 20:15 Ⓢ LESMILLS DANCE (吉田)	19:45 ~ 20:15 Ⓢ LESMILLS BODYPUMP (Chica)	19:30 ~ 20:15 Ⓢ LESMILLS BODYCOMBAT	19:30 ~ 20:15 Ⓢ LESMILLS BODYPUMP	19:45 ~ 20:30 Ⓢ LESMILLS DANCE	19:30 ~ 20:15 Ⓢ LESMILLS BODYBALANCE
20:00	20:45 ~ 21:30 Ⓢ LESMILLS DANCE	20:45 ~ 21:45 美筋ヨガ (YURINA)	20:45 ~ 21:30 Ⓢ LESMILLS 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 Ⓢ LESMILLS BODYCOMBAT	20:45 ~ 21:15 Ⓢ GRIT CARDIO
21:00	22:00 ~ 23:00 Ⓢ LESMILLS BODYBALANCE	30日 休講 Virtual BODYBALANCE	21:45 ~ 22:45 Ⓢ LESMILLS BODYBALANCE	22:15 ~ 23:00 Ⓢ LESMILLS BODYPUMP	19日 休講 Virtual BODYBALANCE	22:30 ~ 23:30 Ⓢ LESMILLS BODYPUMP	21:45 ~ 22:00 Ⓢ LESMILLS BODYCOMBAT
22:00	23:30 ~ 0:30 Ⓢ LESMILLS BODYATTACK	23:45 ~ 0:30	23:15 ~ 0:15 Ⓢ LESMILLS BODYPUMP	23:15 ~ 23:45 Ⓢ LESMILLS CORE	23:30 ~ 0:15 Ⓢ LESMILLS CORE		23:00 ~ 23:30 Ⓢ LESMILLS BODYATTACK

※黒塗りはインストラクターによるLiveレッスンです

★【年末年始のレッスンについて】12/30~1/3のLiveレッスンは全てヴァーチャルレッスンへ変更になります