

	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 Ⓢ BODYATTACK	23:45 ~ 0:30 Ⓢ 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 Ⓢ DANCE		0:45 ~ 1:30 Ⓢ LESMILLS BODYATTACK	1:00 ~ 1:30 Ⓢ LESMILLS BODYATTACK
2:00		2:00 ~ 2:30 Ⓢ DANCE	2:00 ~ 2:30 Ⓢ LESMILLS BODYATTACK	2:00 ~ 2:30 Ⓢ GRIT CARDIO	1:30 ~ 2:00 Ⓢ GRIT ATHLETIC	2:00 ~ 2:30 Ⓢ CORE	2:00 ~ 2:30 Ⓢ LESMILLS BODYPUMP
3:00	2:30 ~ 3:00 Ⓢ GRIT STRENGTH				2:30 ~ 3:00 Ⓢ GRIT STRENGTH		
		3:00 ~ 3:30 Ⓢ LESMILLS BODYPUMP	3:00 ~ 3:30 Ⓢ LESMILLS BODYBALANCE	3:00 ~ 3:30 Ⓢ LESMILLS BODYATTACK		3:00 ~ 3:30 Ⓢ GRIT CARDIO	3:00 ~ 3:30 Ⓢ LESMILLS BODYCOMBAT
4:00	3:30 ~ 4:30 Ⓢ LESMILLS BODYATTACK				3:30 ~ 4:00 Ⓢ GRIT CARDIO		
		4:00 ~ 4:30 Ⓢ LESMILLS BODYATTACK	4:00 ~ 4:30 Ⓢ LESMILLS BODYCOMBAT	4:00 ~ 4:30 Ⓢ LESMILLS BODYBALANCE		4:00 ~ 4:30 Ⓢ DANCE	4:00 ~ 4:30 Ⓢ LESMILLS BODYBALANCE
5:00					4:30 ~ 5:30 Ⓢ LESMILLS BODYATTACK		
	5:00 ~ 5:30 Ⓢ CORE	5:00 ~ 5:30 Ⓢ LESMILLS BODYBALANCE	5:00 ~ 5:30 Ⓢ DANCE	5:00 ~ 5:30 Ⓢ LESMILLS BODYCOMBAT		5:00 ~ 5:30 Ⓢ LESMILLS 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 Ⓢ DANCE	6:00 ~ 6:30 Ⓢ 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 Ⓢ 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 Ⓢ DANCE	8:00 ~ 8:30 Ⓢ LESMILLS BODYPUMP	8:00 ~ 8:45 Ⓢ LESMILLS BODYBALANCE	8:00 ~ 8:30 Ⓢ LESMILLS BODYATTACK	8:00 ~ 8:30 Ⓢ 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 Ⓢ DANCE	9:00 ~ 9:30 Ⓢ LESMILLS BODYCOMBAT	9:00 ~ 10:00 Ⓢ LESMILLS BODYBALANCE	9:00 ~ 9:30 Ⓢ LESMILLS BODYPUMP	9:00 ~ 9:45 Ⓢ DANCE	9:00 ~ 9:30 Ⓢ CORE
10:00		9:45 ~ 10:30 Ⓢ LESMILLS BODYCOMBAT					
	10:15 ~ 11:00 Ⓢ DANCE		10:00 ~ 10:30 Ⓢ LESMILLS BODYATTACK	↓1日Virtual 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 Ⓢ 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				1日Virtual BODYCOMBAT		3.17日Virtual BODYBALANCE	
		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 Ⓢ DANCE	12:30 ~ 13:15 Ⓢ LESMILLS BODYATTACK	12:15 ~ 12:45 Ⓢ CORE
13:00	13:00 ~ 13:45 Ⓢ LESMILLS BODYCOMBAT						13:00 ~ 13:45 Ⓢ DANCE
14:00	14:00 ~ 14:45 Ⓢ LESMILLS BODYATTACK	13:45 ~ 14:30 Ⓢ DANCE	13:30 ~ 14:15 Ⓢ LESMILLS BODYCOMBAT	13:45 ~ 14:30 Ⓢ LESMILLS BODYATTACK	13:45 ~ 14:45 Ⓢ LESMILLS BODYPUMP	13:45 ~ 14:30 Ⓢ DANCE	14:00 ~ 14:45 Ⓢ LESMILLS BODYBALANCE
15:00			14:30 ~ 15:15 Ⓢ DANCE				↓レッスン週 11.25日↓ 15:00 ~ 16:00 Ⓢ LESMILLS BODYPUMP (野田)
	15:00 ~ 15:30 Ⓢ CORE	15:00 ~ 16:00 Ⓢ LESMILLS BODYPUMP		15:00 ~ 15:30 Ⓢ GRIT CARDIO	15:15 ~ 15:45 Ⓢ LESMILLS BODYATTACK	15:00 ~ 16:00 Ⓢ LESMILLS BODYCOMBAT	
16:00			15:45 ~ 16:30 Ⓢ LESMILLS BODYATTACK				4.18日Virtual BODYPUMP
	16:00 ~ 16:45 Ⓢ LESMILLS BODYPUMP			16:00 ~ 16:45 Ⓢ LESMILLS BODYCOMBAT	16:15 ~ 16:45 Ⓢ GRIT STRENGTH	16:15 ~ 17:00 Ⓢ LESMILLS BODYBALANCE	16:15 ~ 17:00 Ⓢ LESMILLS BODYCOMBAT (野田)
17:00		16:30 ~ 17:30 Kids Dance (AONA)					4.18日Virtual BODYCOMBAT
	17:00 ~ 17:30 Ⓢ GRIT CARDIO		17:00 ~ 18:00 Kids エクササイズ PKXy (ピクシー) (Chica)	17:15 ~ 18:00 Ⓢ LESMILLS BODYPUMP	17:15 ~ 18:00 Ⓢ LESMILLS BODYCOMBAT	17:30 ~ 18:15 Ⓢ LESMILLS BODYATTACK	17:30 ~ 18:15 Ⓢ DANCE
18:00		17:45 ~ 18:45 Kids Dance (AONA)					
	18:00 ~ 19:00 Ⓢ LESMILLS BODYBALANCE			18:15 ~ 19:00 Ⓢ LESMILLS BODYATTACK	18:15 ~ 19:00 Ⓢ DANCE		18:30 ~ 19:15 Ⓢ LESMILLS BODYATTACK
19:00			18:30 ~ 19:15 Ⓢ LESMILLS BODYBALANCE			18:45 ~ 19:15 Ⓢ CORE	
20:00	19:30 ~ 20:15 Ⓢ LESMILLS BODYCOMBAT (山口)	19:30 ~ 20:15 Ⓢ 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 Ⓢ DANCE	19:30 ~ 20:15 Ⓢ LESMILLS BODYBALANCE
	12日Virtual BODYCOMBAT						
21:00	20:45 ~ 21:30 Ⓢ DANCE	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 Ⓢ LESMILLS BODYCOMBAT	20:45 ~ 21:15 Ⓢ GRIT CARDIO
22:00			21:45 ~ 22:45 Ⓢ LESMILLS BODYBALANCE	1日Virtual BODYBALANCE	2日Virtual BODYBALANCE		21:45 ~ 22:00 Ⓢ LESMILLS BODYCOMBAT
	22:00 ~ 23:00 Ⓢ LESMILLS BODYBALANCE	22:15 ~ 23:15 Ⓢ LESMILLS BODYCOMBAT		22:15 ~ 23:00 Ⓢ LESMILLS BODYPUMP	22:15 ~ 23:15 Ⓢ LESMILLS BODYCOMBAT	22:30 ~ 23:30 Ⓢ LESMILLS BODYPUMP	
23:00							23:00 ~ 23:30 Ⓢ LESMILLS BODYATTACK
			23:15 ~ 0:15 Ⓢ LESMILLS BODYPUMP	23:15 ~ 23:45 Ⓢ CORE	23:30 ~ 0:15 Ⓢ CORE		
	23:30 ~ 0:30 Ⓢ LESMILLS BODYATTACK	23:45 ~ 0:30					

※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