



LeXy Fit 津新町 STUDIO Program

2026年1月

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00	0:00 ~ 0:30 LesMills 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	0:45 ~ 1:30 LesMills BODYPUMP	0:45 ~ 1:30 LesMills BODYATTACK	1:00 ~ 1:30 LesMills BODYATTACK
2:00					2:00 ~ 2:30 LesMills GRIT CARDIO	2:00 ~ 2:30 LesMills CORE	2:00 ~ 2:30 LesMills BODYPUMP
3:00	2:30 ~ 3:00 LesMills GRIT STRENGTH	3:00 ~ 3:30 LesMills BODYPUMP	3:00 ~ 3:30 LesMills BODYBALANCE	3:00 ~ 3:30 LesMills BODYATTACK	3:00 ~ 3:30 LesMills GRIT STRENGTH	3:00 ~ 3:30 LesMills GRIT CARDIO	3:00 ~ 3:30 LesMills BODYCOMBAT
4:00	3:30 ~ 4:30 LesMills BODYATTACK	4:00 ~ 4:30 LesMills BODYATTACK	4:00 ~ 4:30 LesMills BODYCOMBAT	4:00 ~ 4:30 LesMills BODYBALANCE	3:30 ~ 4:00 LesMills GRIT CARDIO	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 LesMills GRIT ATHLETIC
6:00	6:00 ~ 6:30 LesMills GRIT CARDIO	6:00 ~ 6:30 LesMills CORE	6:00 ~ 6:30 LesMills 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	9:45 ~ 10:30 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	10:00 ~ 10:30 LesMills BODYCOMBAT	10:00 ~ 10:30 LesMills BODYATTACK	↓1日Virtual BODYATTACK 10:30 ~ 11:00 はじめエアロ (内山 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 (内山 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		12:15 ~ 13:00 ヨガストレッチ (Chica)	12:30 ~ 13:15 LesMills BODYCOMBAT	12:30 ~ 13:15 LesMills BODYPUMP	12:30 ~ 13:15 LesMills DANCE	3.17日Virtual BODYBALANCE	12:15 ~ 12:45 LesMills CORE
13:00	13:00 ~ 13:45 LesMills BODYCOMBAT	13:45 ~ 14:30 LesMills DANCE	13:30 ~ 14:15 LesMills BODYCOMBAT	13:45 ~ 14:30 LesMills BODYATTACK	13:45 ~ 14:45 LesMills BODYPUMP	12:30 ~ 13:15 LesMills BODYATTACK	13:00 ~ 13:45 LesMills DANCE
14:00	14:00 ~ 14:45 LesMills BODYATTACK	14:30 ~ 15:15 LesMills DANCE	14:30 ~ 15:15 LesMills BODYCOMBAT	14:30 ~ 15:15 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	15:00 ~ 16:00 LesMills DANCE	15:00 ~ 15:30 LesMills GRIT CARDIO	15:15 ~ 15:45 LesMills BODYATTACK	15:00 ~ 16:00 LesMills BODYCOMBAT	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 LesMills GRIT STRENGTH	16:15 ~ 17:00 LesMills BODYBALANCE	4.18日Virtual BODYPUMP (野田)
17:00	17:00 ~ 17:30 LesMills GRIT CARDIO	17:45 ~ 18:45 Kids Dance (AONA)	17:00 ~ 18:00 Kids エクササイズ PK 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	4.18日Virtual BODYCOMBAT
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 BODYATTACK
20:00	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
21:00	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 LesMills BODYATTACK	20:45 ~ 21:45 LesMills BODYCOMBAT	21:00 ~ 22:00 LesMills BODYCOMBAT	20:45 ~ 21:15 LesMills GRIT CARDIO
22:00	22:00 ~ 23:00 LesMills BODYBALANCE	22:15 ~ 23:15 LesMills BODYCOMBAT	21:45 ~ 22:45 LesMills BODYBALANCE	18:Virtual BODYBALANCE	28:Virtual BODYBALANCE		21:45 ~ 22:00 LesMills BODYCOMBAT
23:00				22:15 ~ 23:00 LesMills BODYPUMP	22:15 ~ 23:00 LesMills BODYPUMP	22:30 ~ 23:30 LesMills BODYCOMBAT	23:00 ~ 23:30 LesMills BODYPUMP
	23:30 ~ 0:30 LesMills BODYATTACK	23:45 ~ 0:30 LesMills BODYPUMP	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