

	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 LES MILLS BODYPUMP	23:30 ~ 0:30	0:00 ~ 0:30 BODYBALANCE
1:00	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 DANCE		0:45 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS BODYATTACK
2:00		2:00 ~ 2:30 DANCE	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 GRIT CARDIO	1:30 ~ 2:00 GRIT ATHLETIC	2:00 ~ 2:30 CORE	2:00 ~ 2:30 LES MILLS BODYPUMP
3:00	2:30 ~ 3:00 GRIT STRENGTH	3:00 ~ 3:30 LES MILLS BODYPUMP	3:00 ~ 3:30 LES MILLS BODYBALANCE	3:00 ~ 3:30 LES MILLS BODYATTACK	2:30 ~ 3:00 GRIT STRENGTH	3:00 ~ 3:30 GRIT CARDIO	3:00 ~ 3:30 LES MILLS BODYCOMBAT
4:00	3:30 ~ 4:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS BODYCOMBAT	4:00 ~ 4:30 LES MILLS BODYBALANCE	3:30 ~ 4:00 GRIT CARDIO	4:00 ~ 4:30 DANCE	4:00 ~ 4:30 LES MILLS BODYBALANCE
5:00	5:00 ~ 5:30 CORE	5:00 ~ 5:30 LES MILLS BODYBALANCE	5:00 ~ 5:30 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 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 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 CORE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS BODYATTACK
8:00	8:00 ~ 8:30 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 DANCE	8:00 ~ 8:45 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 10:00 LES MILLS BODYBALANCE	8:45 ~ 9:30 DANCE	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 10:00 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:45 DANCE	9:00 ~ 9:30 CORE
10:00	10:15 ~ 11:00 DANCE	時間変更/拡大 9:45 ~ 10:45 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYATTACK	10:30 ~ 11:00 はじめてエアロ (円山 可奈子)	10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS BODYPUMP	10:00 ~ 10:30 DANCE
11:00		レッスン変更 11:00 ~ 12:00 LES MILLS BODYBALANCE	11:00 ~ 12:00		11:00 ~ 12:00	11:00 ~ 12:00	11:00 ~ 12:00
12:00	11:30 ~ 12:30 Hula (KEI)		11:15 ~ 12:00 胸&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)	LES MILLS BODYCOMBAT	11:00 ~ 12:00 リラックスヨガ (Ryoma)	LES MILLS BODYATTACK
13:00	13:00 ~ 13:45 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS BODYATTACK	12:15 ~ 13:00 ヨガストレッチ (Chica)	12:30 ~ 13:15 LES MILLS BODYPUMP	12:30 ~ 13:15 DANCE	12:30 ~ 13:15 LES MILLS BODYATTACK	12:15 ~ 12:45 CORE
14:00	14:00 ~ 14:45 LES MILLS BODYATTACK	13:45 ~ 14:30 DANCE	13:30 ~ 14:15 LES MILLS BODYCOMBAT	13:45 ~ 14:30 LES MILLS BODYATTACK	13:45 ~ 14:45 LES MILLS BODYPUMP	13:45 ~ 14:30 DANCE	13:00 ~ 13:45 DANCE
15:00	15:00 ~ 15:30 CORE	15:00 ~ 16:00 LES MILLS BODYPUMP	14:30 ~ 15:15 DANCE	15:00 ~ 15:30 GRIT CARDIO	15:15 ~ 15:45 LES MILLS BODYATTACK	15:00 ~ 16:00	↓12,26日 15:00~16:00 LES MILLS BODYPUMP 15:00~16:00 LES MILLS BODYPUMP
16:00	16:00 ~ 16:45 LES MILLS BODYPUMP	インストラクター変更 16:30 ~ 17:30	15:45 ~ 16:30 LES MILLS BODYATTACK	16:00 ~ 16:45 LES MILLS BODYCOMBAT	16:15 ~ 16:45 GRIT STRENGTH	16:15 ~ 17:00 LES MILLS BODYBALANCE	↓12,26日 16:15~17:00 LES MILLS BODYCOMBAT 16:15~17:00 LES MILLS BODYCOMBAT
17:00	17:00 ~ 17:30 GRIT CARDIO	Kids Dance (HAZUKI)	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 ~ 18:00 LES MILLS BODYCOMBAT	17:30 ~ 18:15 LES MILLS BODYATTACK	17:30 ~ 18:15 DANCE
18:00	レッスン変更 18:00 ~ 19:00 LES MILLS BODYATTACK	レッスン変更 18:00 ~ 18:30 LES MILLS BODYCOMBAT	18:30 ~ 19:15 LES MILLS BODYBALANCE	18:15 ~ 19:00 LES MILLS BODYATTACK	18:15 ~ 19:00 DANCE	18:45 ~ 19:15 CORE	18:30 ~ 19:15 LES MILLS BODYATTACK
19:00		NEW 19:00 ~ 19:45 マットピラティス (中瀬)					
20:00	19:30 ~ 20:30 LES MILLS BODYCOMBAT	レッスン変更 20:00 ~ 20:30 DANCE	19:45 ~ 20:15 LES MILLS BODYPUMP (Chica) 29日Virtual BODYPUMP	19:30 ~ 20:15 LES MILLS BODYCOMBAT	19:30 ~ 20:15 LES MILLS BODYPUMP	19:45 ~ 20:30 DANCE	19:30 ~ 20:15 LES MILLS BODYBALANCE
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 LES MILLS BODYCOMBAT	20:45 ~ 21:15 GRIT CARDIO
22:00	22:00 ~ 23:00 LES MILLS BODYBALANCE	22:15 ~ 23:15 LES MILLS BODYCOMBAT	21:45 ~ 22:45 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS BODYPUMP	22:15 ~ 23:15 LES MILLS BODYCOMBAT	22:30 ~ 23:30 LES MILLS BODYPUMP	21:45 ~ 22:00 LES MILLS BODYCOMBAT
23:00	23:30 ~ 0:30 LES MILLS BODYATTACK	23:45 ~ 0:30	23:15 ~ 0:15 LES MILLS BODYPUMP	23:15 ~ 23:45 CORE	23:30 ~ 0:15 CORE		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
 【新レッスンスター!!】毎週火曜19:00~19:45 マットピラティス(中瀬)