

	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT	日 SUN
0:00							
0:30	0:00 ~ 0:30 LES MILLS GRIT ATHLETIC	0:00 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS SH'BAM	23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYBALANCE
1:00	1:00 ~ 2:00 LES MILLS BODYPUMP	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYPUMP	1:00 ~ 1:30 LES MILLS SH'BAM	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS SH'BAM
2:00		2:00 ~ 2:30 LES MILLS SH'BAM	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 GRIT CARDIO	2:00 ~ 2:30 LES MILLS SH'BAM	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	3:00 ~ 3:30 barre	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	4:00 ~ 4:30 LES MILLS BODYPUMP	4:00 ~ 4:30 barre	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 barre	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 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 LES MILLS SH'BAM	6:00 ~ 6:30 LES MILLS BODYBALANCE	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 ~ 7:45 LES MILLS SH'BAM	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 LES MILLS SH'BAM	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 LES MILLS SH'BAM	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:45 LES MILLS BODYBALANCE
9:00	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 9:30 LES MILLS BODYBALANCE	9:00 ~ 9:30 LES MILLS BODYPUMP	9:00 ~ 9:30 LES MILLS SH'BAM	9:00 ~ 9:30 CORE
10:00	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 CORE	10:00 ~ 10:30 LES MILLS BODYCOMBAT	10:00 ~ 10:30 LES MILLS BODYBALANCE	★ 10:00 ~ 11:00 リラックスヨガ Live/ZOOM併用 (Ryoma)	10:00 ~ 10:30 LES MILLS SH'BAM
11:00	11:00~11:30 体幹エクササイズ (staff)	★ 11:00 ~ 12:00 姿勢調整ヨガ Live/ZOOM併用 (YURINA)	11:00 ~ 12:00 腸&リンパ® エクササイズ (MIHO)	11:00 ~ 12:00 簡単エアロ (円山 可奈子)	11:00 ~ 11:30 LES MILLS BODYCOMBAT		11:00 ~ 11:45 LES MILLS BODYCOMBAT (天野)
12:00	★ 11:45~12:30 体ほぐしヨガ Live/ZOOM併用 (MIYAKO)			↑23日休講のため、 VirtualBODYATTACK 12:30 ~ 13:15	12:00 ~ 12:30 LES MILLS SH'BAM	11:30 ~ 12:00 barre	12:15 ~ 13:00 LES MILLS BODYATTACK
13:00	13:00~13:30 LES MILLS BODYCOMBAT	12:30 ~ 13:00 LES MILLS BODYATTACK	12:30 ~ 13:00 LES MILLS BODYCOMBAT	12:30 ~ 13:15 LES MILLS SH'BAM	13:00 ~ 13:30 CORE	12:30 ~ 13:00 LES MILLS BODYATTACK	13:30 ~ 14:15 LES MILLS BODYBALANCE
14:00	14:00~14:30 LES MILLS BODYATTACK	13:30 ~ 14:15 LES MILLS SH'BAM	13:30 ~ 14:00 barre	13:45~14:30 LES MILLS BODYATTACK	14:00 ~ 14:45 LES MILLS BODYPUMP	13:45~14:30 LES MILLS SH'BAM	14:45 ~ 15:30 LES MILLS BODYPUMP
15:00	15:00 ~ 15:30 CORE	14:45 ~ 15:45 LES MILLS BODYPUMP	14:30 ~ 15:15 LES MILLS BODYPUMP	15:00 ~ 15:30 CORE	15:15 ~ 15:45 LES MILLS BODYATTACK	15:00 ~ 16:00 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS SH'BAM
16:00	16:00 ~ 16:30 LES MILLS BODYPUMP	インストラクター変更	15:45 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:45 LES MILLS SH'BAM	16:15 ~ 16:45 GRIT STRENGTH	16:30 ~ 17:00 LES MILLS BODYBALANCE	16:00 ~ 16:30 LES MILLS SH'BAM
17:00	17:00~17:30 フリータイム	Kids Dance (AONA)	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 ~ 17:45 LES MILLS BODYCOMBAT	17:30 ~ 18:15 LES MILLS BODYATTACK	17:00 ~ 17:30 LES MILLS BODYCOMBAT
18:00	※全裸、危険な行為、勝手なレス ス等はご遠慮ください。	インストラクター変更					
18:00	18:00 ~ 19:00 LES MILLS BODYBALANCE	Kids Dance (AONA)	18:30 ~ 19:00 LES MILLS BODYATTACK	18:30 ~ 19:00 LES MILLS BODYBALANCE	18:15 ~ 19:00 LES MILLS SH'BAM	18:45~19:15 CORE	18:00 ~ 18:30 barre
19:00	レッスン変更		↓第1、3週 ↓第2、4週	レッスン変更	レッスン変更		19:00 ~ 19:30 LES MILLS BODYBALANCE
20:00	19:30 ~ 20:15 LES MILLS BODYCOMBAT (天野)	19:30 ~ 20:15 LES MILLS SH'BAM (吉田)	★ 19:30 ~ 20:30 Hula Live/ZOOM併用 (Kei Fukuyama)	19:30 ~ 20:15 LES MILLS BODYATTACK (橋本)	19:30 ~ 20:15 LES MILLS BODYPUMP	19:45~20:30 LES MILLS SH'BAM	20:00 ~ 20:30 CORE
21:00	20:45 ~ 21:30 LES MILLS SH'BAM	★ 20:45 ~ 21:45 バランスヨガ Live/ZOOM併用 (YURINA)	時間変更	★ 20:45 ~ 21:45 美筋ヨガ Live/ZOOM併用 (YURINA)	★ 20:45 ~ 21:45 リラックスヨガ Live/ZOOM併用 (戸神 佐知子)	レッスン変更	21:00 ~ 21:30 LES MILLS SH'BAM
22:00	22:00 ~ 22:30 LES MILLS BODYPUMP		時間拡大			21:00~22:00 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT
23:00	23:00 ~ 23:30 LES MILLS BODYBALANCE	22:30 ~ 23:30 LES MILLS BODYCOMBAT	22:00 ~ 23:00 LES MILLS BODYBALANCE	22:15 ~ 23:00 LES MILLS BODYCOMBAT	22:15 ~ 23:00 LES MILLS SH'BAM	レッスン変更	23:00 ~ 23:30 LES MILLS BODYATTACK
			23:30 ~ 0:30 LES MILLS BODYCOMBAT	23:30 ~ 0:30 LES MILLS BODYATTACK	23:30 ~ 0:30 LES MILLS BODYCOMBAT		

黒塗りはインストラクターによるLiveレッスン ☆はLiveとZOOMリモートの併用レッスンです