

## 岡谷店レッスンスケジュール

|       | 月                                                                                                           | 火                                                                                                          | 水                                                                                                          | 木                                                                                                           | 金                                                                                                           | 土                                                                                                             | 日                                                                                                             |
|-------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 9:00  |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>BODYPUMP                                                                                       | LESMILLS<br>BODYATTACK                                                                                     | LESMILLS<br>DANCE                                                                                           |  GRIT   CARDIO             |  LESMILLS<br>BODYCOMBAT    | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                           |
| 9:30  |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 10:00 | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                         | LESMILLS<br>BODYATTACK                                                                                     | LESMILLS<br>DANCE                                                                                          | LESMILLS<br>BODYPUMP                                                                                        |  LESMILLS<br>BODYCOMBAT    |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>DANCE                                                                                             |
| 10:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 11:00 | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                        | LESMILLS<br>BODYPUMP                                                                                       |  LESMILLS<br>BODYCOMBAT    |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>BODYPUMP                                                                                          |  GRIT   CARDIO             |
| 11:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 12:00 | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYBALANCE  |  LESMILLS<br>BODYCOMBAT   |  LESMILLS<br>BODYBALANCE   | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                         | LESMILLS<br>BODYATTACK                                                                                        | LESMILLS<br>BODYPUMP                                                                                          |
| 12:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 13:00 |  GRIT   CARDIO            |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>BODYATTACK                                                                                      |  GRIT   CARDIO            |  LESMILLS<br>BODYCOMBAT   |
| 13:30 |                                                                                                             |                                                                                                            | YAMADA<br>13:30～14:15                                                                                      |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 14:00 |  LESMILLS<br>BODYCOMBAT  |  GRIT   CARDIO          | ボクシング/エアロ                                                                                                  | LESMILLS<br>DANCE                                                                                           | LESMILLS<br>BODYPUMP                                                                                        |  LESMILLS<br>BODYBALANCE | LESMILLS<br>BODYATTACK                                                                                        |
| 14:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 15:00 |  LESMILLS<br>BODYBALANCE | LESMILLS<br>BODYPUMP                                                                                       |  LESMILLS<br>BODYCOMBAT | LESMILLS<br>BODYATTACK                                                                                      |  LESMILLS<br>BODYBALANCE | LESMILLS<br>DANCE                                                                                             |  LESMILLS<br>BODYBALANCE |
| 15:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 16:00 | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>BODYATTACK                                                                                     | LESMILLS<br>DANCE                                                                                          |  LESMILLS<br>BODYBALANCE |  GRIT   CARDIO           |  LESMILLS<br>BODYCOMBAT  | LESMILLS<br>BODYPUMP                                                                                          |
| 16:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 17:00 | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>DANCE                                                                                          | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                        |  LESMILLS<br>BODYCOMBAT  | LESMILLS<br>DANCE                                                                                           | LESMILLS<br>BODYPUMP                                                                                          | LESMILLS<br>DANCE                                                                                             |
| 17:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 18:00 | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                         |  LESMILLS<br>BODYCOMBAT | LESMILLS<br>DANCE                                                                                          |  GRIT   CARDIO           | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>BODYATTACK                                                                                        |  LESMILLS<br>BODYCOMBAT  |
| 18:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 19:00 | LESMILLS<br>DANCE                                                                                           | JIN<br>ストレッチ/エクササイズ<br>19:00～19:45                                                                         | MUTSUMI<br>BODY PUMP<br>19:00～20:00                                                                        | JIN<br>美カラダエクササイズ<br>19:00～19:45                                                                            |  LESMILLS<br>BODYCOMBAT  | LESMILLS<br>DANCE                                                                                             | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                           |
| 19:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 20:00 |  LESMILLS<br>BODYCOMBAT  | MIYA<br>ズンバステップ<br>20:00～20:30<br>ズンバ<br>20:35～21:15                                                       | MUTSUMI<br>ヨガ<br>20:15～21:00                                                                               | LESMILLS<br>DANCE                                                                                           | MUTSUMI<br>デトックスヨガ<br>20:00～20:45                                                                           | LESMILLS<br><b>GRIT</b><br>STRENGTH                                                                           |  LESMILLS<br>BODYBALANCE |
| 20:30 |                                                                                                             |                                                                                                            |                                                                                                            |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |

☆レッスン休講の際は下記のバーチャルを行います☆

火：19時→BODY PUMP / 20時→DANCE / 21時→GRIT STRENGTH

水：14時→BODY PUMP / 19時→BODY BALANCE / 20時→BODY COMBAT

木：19時→BODY PUMP

金：20時→BODY ATTACK

## 岡谷店レッスンスケジュール

|       | 月                                                                                                           | 火                                                                                                           | 水                                                                                                           | 木                                                                                                           | 金                                                                                                           | 土                                                                                                             | 日                                                                                                             |
|-------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 21:00 |  LESMILLS<br>BODYBALANCE   | MIYA                                                                                                        | LESMILLS<br>BODYATTACK                                                                                      |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYCOMBAT    | LESMILLS<br>DANCE                                                                                             |
| 21:30 |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 22:00 | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>BODYATTACK                                                                                      |  GRIT   CARDIO             | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>GRIT<br>STRENGTH                                                                                |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>BODYPUMP                                                                                          |
| 22:30 |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 23:00 | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYCOMBAT    |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>BODYPUMP                                                                                          | LESMILLS<br>BODYATTACK                                                                                        |
| 23:30 |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 24:00 |  LESMILLS<br>BODYCOMBAT    | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYCOMBAT    |  LESMILLS<br>BODYBALANCE   | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>BODYATTACK                                                                                        |  GRIT   CARDIO             |
| 24:30 |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 1:00  | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYCOMBAT   | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>GRIT<br>STRENGTH                                                                                | LESMILLS<br>BODYATTACK                                                                                      |  GRIT   CARDIO            | LESMILLS<br>DANCE                                                                                             |
| 1:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 2:00  | LESMILLS<br>BODYPUMP                                                                                        |  LESMILLS<br>BODYBALANCE | LESMILLS<br>GRIT<br>STRENGTH                                                                                | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>DANCE                                                                                           | LESMILLS<br>DANCE                                                                                             |  LESMILLS<br>BODYCOMBAT  |
| 2:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 3:00  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>GRIT<br>STRENGTH                                                                                | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>BODYPUMP                                                                                        |  GRIT   CARDIO           |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE |
| 3:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 4:00  | LESMILLS<br>GRIT<br>STRENGTH                                                                                | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>DANCE                                                                                           | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>GRIT<br>STRENGTH                                                                                  |
| 4:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 5:00  | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>DANCE                                                                                           | LESMILLS<br>BODYPUMP                                                                                        |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>GRIT<br>STRENGTH                                                                                  | LESMILLS<br>BODYATTACK                                                                                        |
| 5:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 6:00  | LESMILLS<br>BODYPUMP                                                                                        |  GRIT   CARDIO           |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>BODYPUMP                                                                                        | LESMILLS<br>BODYATTACK                                                                                        | LESMILLS<br>DANCE                                                                                             |
| 6:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 7:00  | LESMILLS<br>DANCE                                                                                           |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>GRIT<br>STRENGTH                                                                                | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>DANCE                                                                                             | LESMILLS<br>BODYPUMP                                                                                          |
| 7:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |
| 8:00  |  LESMILLS<br>BODYCOMBAT  |  LESMILLS<br>BODYBALANCE | LESMILLS<br>GRIT<br>STRENGTH                                                                                | LESMILLS<br>BODYATTACK                                                                                      | LESMILLS<br>DANCE                                                                                           |  GRIT   CARDIO           |  LESMILLS<br>BODYCOMBAT  |
| 8:30  |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                             |                                                                                                               |                                                                                                               |