

FIT-AERO 【 蓮田店レッスンスケジュール① 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	0:00 ~ 0:30 LES MILLS DANCE	0:00 ~ 0:30 LES MILLS DANCE	0:00 ~ 0:30 LES MILLS BODYCOMBAT	0:00 ~ 0:30 LES MILLS BODYBALANCE	0:00 ~ 0:30 LES MILLS GRIT CARDIO	0:00 ~ 0:30 LES MILLS BODYATTACK	0:00 ~ 0:30 LES MILLS DANCE
1:00	1:00 ~ 1:30 LES MILLS DANCE	1:00 ~ 1:30 LES MILLS BODYCOMBAT	1:00 ~ 1:30 LES MILLS BODYBALANCE	1:00 ~ 1:30 LES MILLS GRIT CARDIO	1:00 ~ 1:30 LES MILLS BODYATTACK	1:00 ~ 1:30 LES MILLS DANCE	1:00 ~ 1:30 LES MILLS DANCE
2:00	2:00 ~ 2:30 LES MILLS BODYCOMBAT	2:00 ~ 2:30 LES MILLS BODYBALANCE	2:00 ~ 2:30 LES MILLS GRIT CARDIO	2:00 ~ 2:30 LES MILLS BODYATTACK	2:00 ~ 2:30 LES MILLS DANCE	2:00 ~ 2:30 LES MILLS DANCE	2:00 ~ 2:30 LES MILLS BODYCOMBAT
3:00	3:00 ~ 3:30 LES MILLS BODYBALANCE	3:00 ~ 3:30 LES MILLS GRIT CARDIO	3:00 ~ 3:30 LES MILLS BODYATTACK	3:00 ~ 3:30 LES MILLS DANCE	3:00 ~ 3:30 LES MILLS DANCE	3:00 ~ 3:30 LES MILLS BODYCOMBAT	3:00 ~ 3:30 LES MILLS BODYBALANCE
4:00	4:00 ~ 4:30 LES MILLS GRIT CARDIO	4:00 ~ 4:30 LES MILLS BODYATTACK	4:00 ~ 4:30 LES MILLS DANCE	4:00 ~ 4:30 LES MILLS DANCE	4:00 ~ 4:30 LES MILLS BODYCOMBAT	4:00 ~ 4:30 LES MILLS BODYBALANCE	4:00 ~ 4:30 LES MILLS GRIT CARDIO
5:00	5:00 ~ 5:30 LES MILLS BODYATTACK	5:00 ~ 5:30 LES MILLS DANCE	5:00 ~ 5:30 LES MILLS DANCE	5:00 ~ 5:30 LES MILLS BODYCOMBAT	5:00 ~ 5:30 LES MILLS BODYBALANCE	5:00 ~ 5:30 LES MILLS GRIT CARDIO	5:00 ~ 5:30 LES MILLS BODYATTACK
6:00	6:00 ~ 6:30 LES MILLS DANCE	6:00 ~ 6:30 LES MILLS DANCE	6:00 ~ 6:30 LES MILLS BODYCOMBAT	6:00 ~ 6:30 LES MILLS BODYBALANCE	6:00 ~ 6:30 LES MILLS GRIT CARDIO	6:00 ~ 6:30 LES MILLS BODYATTACK	6:00 ~ 6:30 LES MILLS DANCE
7:00	7:00 ~ 7:30 LES MILLS DANCE	7:00 ~ 7:30 LES MILLS BODYCOMBAT	7:00 ~ 7:30 LES MILLS BODYBALANCE	7:00 ~ 7:30 LES MILLS GRIT CARDIO	7:00 ~ 7:30 LES MILLS BODYATTACK	7:00 ~ 7:30 LES MILLS DANCE	7:00 ~ 7:30 LES MILLS DANCE
8:00	8:00 ~ 8:30 LES MILLS BODYCOMBAT	8:00 ~ 8:30 LES MILLS BODYBALANCE	8:00 ~ 8:30 LES MILLS GRIT CARDIO	8:00 ~ 8:30 LES MILLS BODYATTACK	8:00 ~ 8:30 LES MILLS DANCE	8:00 ~ 8:30 LES MILLS DANCE	8:00 ~ 8:30 LES MILLS BODYCOMBAT
9:00	9:00 ~ 9:30 LES MILLS GRIT CARDIO	9:00 ~ 9:30 LES MILLS GRIT CARDIO	9:00 ~ 9:30 LES MILLS BODYATTACK	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 9:30 LES MILLS DANCE	9:00 ~ 9:30 LES MILLS BODYCOMBAT	9:00 ~ 9:30 LES MILLS BODYATTACK
10:00	10:00 ~ 10:30 LES MILLS DANCE	10:00 ~ 10:30 LES MILLS BODYBALANCE	10:00 ~ 10:30 LES MILLS DANCE	10:00 ~ 10:45 ZUMBA (ズンバ) Yuka ※第2・4週	10:00 ~ 10:45 コンディショニング トレーニング Natsu ※第2・4週	10:00 ~ 10:30 LES MILLS BODYATTACK	10:00 ~ 10:30 LES MILLS BODYBALANCE
11:00	11:00 ~ 11:30 LES MILLS DANCE	11:00 ~ 11:30 LES MILLS BODYATTACK	11:00 ~ 11:30 LES MILLS DANCE	11:00 ~ 11:30 LES MILLS DANCE	11:00 ~ 11:30 LES MILLS GRIT CARDIO	11:00 ~ 11:30 LES MILLS GRIT CARDIO	11:00 ~ 11:30 LES MILLS BODYATTACK
12:00	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:00 ~ 12:30 LES MILLS DANCE	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:00 ~ 12:30 LES MILLS DANCE	12:00 ~ 12:30 LES MILLS BODYBALANCE	12:00 ~ 12:30 LES MILLS BODYATTACK	12:00 ~ 12:30 LES MILLS DANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00 ~ 13:30 LES MILLS DANCE	13:00 ~ 13:30 LES MILLS BODYBALANCE	13:00 ~ 13:30 LES MILLS GRIT CARDIO	13:00 ~ 13:30 LES MILLS BODYBALANCE	13:00 ~ 13:30 LES MILLS BODYATTACK	13:00 ~ 13:30 LES MILLS DANCE	13:00 ~ 13:30 LES MILLS DANCE
14:00	14:00 ~ 14:30 LES MILLS BODYCOMBAT	14:00 ~ 14:30 LES MILLS GRIT CARDIO	14:00 ~ 14:30 LES MILLS BODYBALANCE	14:00 ~ 14:30 LES MILLS BODYATTACK	14:00 ~ 14:30 LES MILLS DANCE	14:00 ~ 14:30 LES MILLS DANCE	14:00 ~ 14:30 LES MILLS BODYCOMBAT
15:00	15:00 ~ 15:30 LES MILLS BODYBALANCE	15:00 ~ 15:30 LES MILLS GRIT CARDIO	15:00 ~ 15:30 LES MILLS BODYATTACK	15:00 ~ 15:30 LES MILLS DANCE	15:00 ~ 15:30 LES MILLS DANCE	15:00 ~ 15:30 LES MILLS BODYCOMBAT	15:00 ~ 15:30 LES MILLS BODYBALANCE
16:00	16:00 ~ 16:30 LES MILLS GRIT CARDIO	16:00 ~ 16:30 LES MILLS BODYATTACK	16:00 ~ 16:30 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS DANCE	16:00 ~ 16:30 LES MILLS BODYCOMBAT	16:00 ~ 16:30 LES MILLS BODYBALANCE	16:00 ~ 16:30 LES MILLS GRIT CARDIO
17:00	17:00 ~ 17:30 LES MILLS BODYATTACK	17:00 ~ 17:30 LES MILLS DANCE	17:00 ~ 17:30 LES MILLS DANCE	17:00 ~ 17:30 LES MILLS BODYCOMBAT	17:00 ~ 17:30 LES MILLS BODYBALANCE	17:00 ~ 17:30 LES MILLS GRIT CARDIO	17:00 ~ 17:30 LES MILLS BODYATTACK
18:00	18:00 ~ 18:30 LES MILLS DANCE	18:00 ~ 18:30 LES MILLS DANCE	18:00 ~ 18:30 LES MILLS BODYCOMBAT	18:00 ~ 18:30 LES MILLS BODYBALANCE	18:00 ~ 18:30 LES MILLS GRIT CARDIO	18:00 ~ 18:30 LES MILLS BODYATTACK	18:00 ~ 18:30 LES MILLS DANCE
19:00	19:00 ~ 19:45 ZUMBA (ズンバ) Natsu	19:00 ~ 19:45 ボクシング itabashi	19:00 ~ 19:45 ZUMBA (ズンバ) Natsu	19:00 ~ 19:30 LES MILLS BODYCOMBAT	19:00 ~ 19:45 ZUMBA (ズンバ) Yuka	19:00 ~ 19:30 LES MILLS DANCE	19:00 ~ 19:30 LES MILLS BODYATTACK
20:00	20:00 ~ 20:30 LES MILLS BODYATTACK	20:00 ~ 20:30 LES MILLS BODYBALANCE	20:00 ~ 20:30 LES MILLS BODYATTACK	20:00 ~ 20:30 LES MILLS BODYCOMBAT	20:00 ~ 21:00 ピラティス Reiko	20:00 ~ 20:30 LES MILLS BODYATTACK	20:00 ~ 20:30 LES MILLS BODYCOMBAT
21:00	21:00 ~ 21:30 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS BODYATTACK	21:00 ~ 21:30 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS BODYATTACK	21:00 ~ 21:30 LES MILLS BODYCOMBAT	21:00 ~ 21:30 LES MILLS GRIT CARDIO	21:00 ~ 21:30 LES MILLS BODYATTACK
22:00	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT	22:00 ~ 22:30 LES MILLS BODYCOMBAT
23:00	23:00 ~ 23:30 LES MILLS BODYATTACK	23:00 ~ 23:30 LES MILLS DANCE	23:00 ~ 23:30 LES MILLS BODYCOMBAT	23:00 ~ 23:30 LES MILLS BODYCOMBAT	23:00 ~ 23:30 LES MILLS BODYBALANCE	23:00 ~ 23:30 LES MILLS GRIT CARDIO	23:00 ~ 23:30 LES MILLS BODYCOMBAT