

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 LES MILLS DANCE	00:00~00:30 LES MILLS DANCE	00:00~00:30 LES MILLS BODYCOMBAT	00:00~00:30 LES MILLS BODYBALANCE	00:00~00:30 LES MILLS GRIT CARDIO	00:00~00:30 LES MILLS BODYATTACK	00:00~00:30 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 BODYBALANCE	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 BODYATTACK	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS DANCE	8:00~8:30 LES MILLS DANCE	8:00~8:40 朝ヨガ Keiko
9:00	9:00~9:30 LES MILLS BODYBALANCE	9:00~9:30 LES MILLS GRIT CARDIO	9:00~9:30 LES MILLS BODYATTACK	9:45~10:15 セルフ整体 Keiko	9:00~9:30 LES MILLS DANCE	9:00~9:30 LES MILLS BODYCOMBAT	9:00~9:30 LES MILLS BODYBALANCE
10:00	10:00~10:45 ストレッチヨガ 山田恵里奈	10:00~10:30 LES MILLS BODYATTACK	10:00~10:30 LES MILLS DANCE	10:30~11:15 キックボクシング 山田恵里奈	10:00~10:30 LES MILLS BODYCOMBAT	10:00~10:30 LES MILLS BODYBALANCE	10:00~10:30 LES MILLS GRIT CARDIO
11:00	11:00~11:45 ZUMBA 山田恵里奈	10:50~11:20 ZUMBA MIYA	11:00~11:30 LES MILLS DANCE		11:00~11:30 LES MILLS BODYBALANCE	11:00~11:30 LES MILLS GRIT CARDIO	11:00~11:30 LES MILLS BODYATTACK
12:00	12:00~12:30 LES MILLS DANCE	12:00~12:30 LES MILLS DANCE	12:00~12:30 LES MILLS BODYCOMBAT	12:00~12:30 LES MILLS BODYBALANCE	12:00~12:30 LES MILLS GRIT CARDIO	12:00~12:30 LES MILLS BODYATTACK	12:00~12:30 LES MILLS DANCE

【 諏訪店レッスンスケジュール② 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 	13:00~13:30 	13:00~13:30 	13:00~13:30 	13:00~13:30 	13:00~13:30 	13:00~13:30 
14:00	14:00~14:30 	14:00~14:30 	14:00~14:30 	14:00~14:30 	14:00~14:30 	14:00~14:30 	14:00~14:30 
15:00	15:00~15:30 	15:00~15:30 	15:00~15:30 	15:00~15:30 	15:00~15:30 	15:00~15:30 	15:00~15:30 
16:00	16:00~16:30 	16:00~16:30 	16:00~16:30 	16:00~16:30 	16:00~16:30 	16:00~16:30 	16:00~16:30 
17:00	17:00~17:30 	17:00~17:30 	17:00~17:30 	17:00~17:30 	17:00~17:30 	17:00~17:40 ZUMBA MIYA	17:00~17:30 
18:00	18:30~19:10 背骨コンディショニング Keiko	18:00~18:30 	18:00~18:30 	18:00~18:30 	18:00~18:30 	18:00~18:30 	18:00~18:30 
19:00	19:20~20:00 セロトニンヨガ Keiko	18:50~19:20 ZUMBA MIYA	18:45~19:15 リラックスヨガ MIYA	18:50~19:20 STRONG NATION MIYA 19:30~20:00 ZUMBA TONING MIYA	19:00~19:30 PILATES MIYA	19:00~19:30 	19:00~19:30 
20:00	20:00~20:30 	20:00~20:30 	20:00~20:30 	20:00~20:30 	20:00~20:30 	20:00~20:30 	20:00~20:30 
21:00	21:00~21:30 	21:00~21:30 	21:00~21:30 	21:00~21:30 	21:00~21:30 	21:00~21:30 	21:00~21:30 
22:00	22:00~22:30 	22:00~22:30 	22:00~22:30 	22:00~22:30 	22:00~22:30 	22:00~22:30 	22:00~22:30 
23:00	23:00~23:30 	23:00~23:30 	23:00~23:30 	23:00~23:30 	23:00~23:30 	23:00~23:30 	23:00~23:30 

