

※不定期開催

|       | MONDAY                                               | TUESDAY                                              | WEDNESDAY                                          | THURSDAY                                           | FRIDAY                                             | SATURDAY                                            | SUNDAY                                               |
|-------|------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|------------------------------------------------------|
| 0:00  | 0:00-00:30<br><b>LES MILLS DANCE</b><br>ダンス          | 0:00-00:30<br><b>LES MILLS DANCE</b><br>ダンス          | 0:00-00:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技   | 0:00-00:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ   | 0:00-00:30<br>GRIT   CARDIO<br>H.I.I.T             | 0:00-00:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 0:00-00:30<br><b>LES MILLS DANCE</b><br>ダンス          |
| 1:00  | 1:00-1:30<br><b>LES MILLS DANCE</b><br>ダンス           | 1:00-1:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技      | 1:00-1:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 1:00-1:30<br>GRIT   CARDIO<br>H.I.I.T              | 1:00-1:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 1:00-1:30<br><b>LES MILLS DANCE</b><br>ダンス          | 1:00-1:30<br><b>LES MILLS DANCE</b><br>ダンス           |
| 2:00  | 2:00-2:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技      | 2:00-2:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ      | 2:00-2:30<br>GRIT   CARDIO<br>H.I.I.T              | 2:00-2:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 2:00-2:30<br><b>LES MILLS DANCE</b><br>ダンス         | 2:00-2:30<br><b>LES MILLS DANCE</b><br>ダンス          | 2:00-2:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技      |
| 3:00  | 3:00-3:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ      | 3:00-3:30<br>GRIT   CARDIO<br>H.I.I.T                | 3:00-3:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 3:00-3:30<br><b>LES MILLS DANCE</b><br>ダンス         | 3:00-3:30<br><b>LES MILLS DANCE</b><br>ダンス         | 3:00-3:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技     | 3:00-3:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ      |
| 4:00  | 4:00-4:30<br>GRIT   CARDIO<br>H.I.I.T                | 4:00-4:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO   | 4:00-4:30<br><b>LES MILLS DANCE</b><br>ダンス         | 4:00-4:30<br><b>LES MILLS DANCE</b><br>ダンス         | 4:00-4:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 4:00-4:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ     | 4:00-4:30<br>GRIT   CARDIO<br>H.I.I.T                |
| 5:00  | 5:00-5:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO   | 5:00-5:30<br><b>LES MILLS DANCE</b><br>ダンス           | 5:00-5:30<br><b>LES MILLS DANCE</b><br>ダンス         | 5:00-5:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 5:00-5:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 5:00-5:30<br>GRIT   CARDIO<br>H.I.I.T               | 5:00-5:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO   |
| 6:00  | 6:00-6:30<br><b>LES MILLS DANCE</b><br>ダンス           | 6:00-6:30<br><b>LES MILLS DANCE</b><br>ダンス           | 6:00-6:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 6:00-6:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 6:00-6:30<br>GRIT   CARDIO<br>H.I.I.T              | 6:00-6:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO  | 6:00-6:30<br><b>LES MILLS DANCE</b><br>ダンス           |
| 7:00  | 7:00-7:30<br><b>LES MILLS DANCE</b><br>ダンス           | 7:00-7:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技      | 7:00-7:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 7:00-7:30<br>GRIT   CARDIO<br>H.I.I.T              | 7:00-7:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 7:00-7:30<br><b>LES MILLS DANCE</b><br>ダンス          | 7:00-7:30<br><b>LES MILLS DANCE</b><br>ダンス           |
| 8:00  | 8:00-8:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技      | 8:00-8:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ      | 8:00-8:30<br>GRIT   CARDIO<br>H.I.I.T              | 8:00-8:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 8:00-8:30<br><b>LES MILLS DANCE</b><br>ダンス         | 8:00-8:30<br><b>LES MILLS DANCE</b><br>ダンス          | 8:00-8:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技      |
| 9:00  | 9:00-9:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ      | 9:00-9:30<br>GRIT   CARDIO<br>H.I.I.T                | 9:00-9:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 9:00-9:30<br><b>LES MILLS DANCE</b><br>ダンス         | 9:00-9:30<br><b>LES MILLS DANCE</b><br>ダンス         | 9:00-9:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技     | 9:00-9:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ      |
| 10:00 | 10:00-10:30<br>GRIT   CARDIO<br>H.I.I.T              | 10:00-10:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 10:30~11:15<br>Yukari                              | 10:00-10:30<br><b>LES MILLS DANCE</b><br>ダンス       | 10:00-10:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技  | 10:00-10:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ   | 10:00-10:30<br>GRIT   CARDIO<br>H.I.I.T              |
| 11:00 | 11:00-11:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 11:00-11:30<br><b>LES MILLS DANCE</b><br>ダンス         | 休講                                                 | 10:45~11:30<br>外山 翔                                | 11:00-11:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ  | 10:45~11:30<br>外山 翔<br>渋谷 美月                        | 11:00-11:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO |

※不定期開催

|       | MONDAY                                               | TUESDAY                                              | WEDNESDAY                                            | THURSDAY                                             | FRIDAY                                               | SATURDAY                                             | SUNDAY                                               |
|-------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|
| 12:00 | 12:00-12:30<br><b>LES MILLS DANCE</b><br>ダンス         | 12:00-12:30<br><b>LES MILLS DANCE</b><br>ダンス         | 12:00-12:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 11:45~12:15<br>外山 翔                                  | 12:00-12:30<br>GRIT   CARDIO<br>H.I.I.T              | ※ 11:45~12:15<br>外山 翔<br>渋谷 美月                       | 12:00-12:30<br><b>LES MILLS DANCE</b><br>ダンス         |
| 13:00 | 13:00-13:30<br><b>LES MILLS DANCE</b><br>ダンス         | 13:00~13:45<br>鈴木 康洋                                 | 13:00-13:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 13:00-13:30<br>GRIT   CARDIO<br>H.I.I.T              | 13:00-13:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | ※ 12:30~13:15<br>外山 翔<br>渋谷 美月                       | 13:00-13:30<br><b>LES MILLS DANCE</b><br>ダンス         |
| 14:00 | 14:00-14:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 14:00-14:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 14:00-14:30<br>GRIT   CARDIO<br>H.I.I.T              | 14:00-14:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 14:00-14:30<br><b>LES MILLS DANCE</b><br>ダンス         | 13:30~14:15<br>YURIKA                                | 14:00-14:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    |
| 15:00 | 15:00-15:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 15:00-15:30<br>GRIT   CARDIO<br>H.I.I.T              | 15:00-15:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 15:00-15:30<br><b>LES MILLS DANCE</b><br>ダンス         | 15:00-15:30<br><b>LES MILLS DANCE</b><br>ダンス         | 14:45~15:30<br>鈴木 康洋                                 | 15:00-15:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    |
| 16:00 | 16:00-16:30<br>GRIT   CARDIO<br>H.I.I.T              | 16:00-16:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 16:00-16:30<br><b>LES MILLS DANCE</b><br>ダンス         | 16:00-16:30<br><b>LES MILLS DANCE</b><br>ダンス         | 16:00-16:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 16:00-16:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 16:00-16:30<br>GRIT   CARDIO<br>H.I.I.T              |
| 17:00 | 17:00-17:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 17:00-17:30<br><b>LES MILLS DANCE</b><br>ダンス         | 17:00-17:30<br><b>LES MILLS DANCE</b><br>ダンス         | 17:00-17:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 17:00-17:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 17:00-17:30<br>GRIT   CARDIO<br>H.I.I.T              | 17:00-17:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO |
| 18:00 | 18:00-18:30<br><b>LES MILLS DANCE</b><br>ダンス         | 18:00-18:30<br><b>LES MILLS DANCE</b><br>ダンス         | 18:00-18:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 18:00-18:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 18:00-18:30<br>GRIT   CARDIO<br>H.I.I.T              | 18:00-18:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 18:00-18:30<br><b>LES MILLS DANCE</b><br>ダンス         |
| 19:00 | 19:00~19:45<br>Yukari                                | 19:00-19:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 19:00-19:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | ※ 19:00~19:45<br>YURIKA                              | 19:00-19:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 19:00-19:30<br><b>LES MILLS DANCE</b><br>ダンス         | 19:00-19:30<br><b>LES MILLS DANCE</b><br>ダンス         |
| 20:00 | 20:00~21:00<br>Yukari                                | 20:00-20:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 20:00-20:30<br>GRIT   CARDIO<br>H.I.I.T              | 20:00~20:45<br>YURIKA                                | 20:00-20:30<br><b>LES MILLS DANCE</b><br>ダンス         | 20:00-20:30<br><b>LES MILLS DANCE</b><br>ダンス         | 20:00-20:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    |
| 21:00 | 21:00-21:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 21:00-21:30<br>GRIT   CARDIO<br>H.I.I.T              | 21:00-21:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 21:00-21:30<br><b>LES MILLS DANCE</b><br>ダンス         | 21:00-21:30<br><b>LES MILLS DANCE</b><br>ダンス         | 21:00-21:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 21:00-21:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    |
| 22:00 | 22:00-22:30<br>GRIT   CARDIO<br>H.I.I.T              | 22:00-22:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 22:00-22:30<br><b>LES MILLS DANCE</b><br>ダンス         | 22:00-22:30<br><b>LES MILLS DANCE</b><br>ダンス         | 22:00-22:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 22:00-22:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 22:00-22:30<br>GRIT   CARDIO<br>H.I.I.T              |
| 23:00 | 23:00-23:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 23:00-23:30<br><b>LES MILLS DANCE</b><br>ダンス         | 23:00-23:30<br><b>LES MILLS DANCE</b><br>ダンス         | 23:00-23:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 23:00-23:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    | 23:00-23:30<br>GRIT   CARDIO<br>H.I.I.T              | 23:00-23:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO |