



|      | 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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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><b>LES MILLS GRIT   CARDIO</b><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             |



|       | MONDAY                                               | TUESDAY                                              | WEDNESDAY                                            | THURSDAY                                             | FRIDAY                                            | SATURDAY                                             | SUNDAY                                               |
|-------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|------------------------------------------------------|
| 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><b>GRIT   CARDIO</b><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><b>GRIT   CARDIO</b><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 | 10:00~10:45<br><b>ZUMBA</b><br>和歌子                   | 10:00-10:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 10:00~10:50<br>バランスヨガ<br>ゆみ                          | 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><b>GRIT   CARDIO</b><br>H.I.I.T       |
| 11:00 | 11:00-11:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 11:30~12:15<br>フローヨガ<br>JUNNA                        | 休講                                                   | 11:30~12:15<br>美脚ヨガ<br>平尾美穂                          | 11:00~11:45<br>美姿勢ピラティス<br>SHIHO                  | 11:00-11:30<br><b>GRIT   CARDIO</b><br>H.I.I.T       | 11:00-11:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO |
| 12:00 | 12:00-12:30<br><b>LES MILLS DANCE</b><br>ダンス         | 休講                                                   | 12:00-12:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 休講                                                   | 12:00-12:30<br><b>GRIT   CARDIO</b><br>H.I.I.T    | 12:00-12:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 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><b>sqlesion koto</b>                  | 12:45~13:30<br>フローピラティス<br>和歌子                       | 13:00-13:30<br><b>GRIT   CARDIO</b><br>H.I.I.T       | 13:30~14:15<br><b>ZUMBA</b><br>初美                 | 13:00~14:00<br>ボディメイク<br>ピラティス<br>Maki               | 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    | 13:45~14:30<br><b>ZUMBA</b><br>和歌子                   | 14:00-14:30<br><b>LES MILLS BODYATTACK</b><br>CARDIO | 休講                                                | 休講                                                   | 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><b>GRIT   CARDIO</b><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      | 15:00-15:30<br><b>LES MILLS BODYCOMBAT</b><br>格闘技    | 15:00-15:30<br><b>LES MILLS BODYBALANCE</b><br>ヨガ    |



|       | MONDAY                                       | TUESDAY                                      | WEDNESDAY                                    | THURSDAY                                     | FRIDAY                                       | SATURDAY                                     | SUNDAY                                       |
|-------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|
| 16:00 | 16:00-16:30<br>GRIT   CARDIO<br>H.I.I.T      | 16:00-16:30<br>LesMILLS BODYATTACK<br>CARDIO | 16:00-16:30<br>LesMILLS DANCE<br>ダンス         | 16:00-16:30<br>LesMILLS DANCE<br>ダンス         | 16:00-16:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 16:00-16:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 16:00-16:30<br>GRIT   CARDIO<br>H.I.I.T      |
| 17:00 | 17:00-17:30<br>LesMILLS BODYATTACK<br>CARDIO | 17:00-17:30<br>LesMILLS DANCE<br>ダンス         | 17:00-17:30<br>LesMILLS DANCE<br>ダンス         | 17:00-17:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 17:00-17:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 17:00-17:30<br>GRIT   CARDIO<br>H.I.I.T      | 17:00-17:30<br>LesMILLS BODYATTACK<br>CARDIO |
| 18:00 | 18:00-18:30<br>LesMILLS DANCE<br>ダンス         | 18:00-18:30<br>LesMILLS DANCE<br>ダンス         | 18:00-18:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 18:00-18:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 18:00-18:30<br>GRIT   CARDIO<br>H.I.I.T      | 18:00-18:30<br>LesMILLS BODYATTACK<br>CARDIO | 18:00-18:30<br>LesMILLS DANCE<br>ダンス         |
| 19:00 | 19:00-19:30<br>LesMILLS DANCE<br>ダンス         | 19:00-19:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 19:30~20:15<br>selection<br>koto             | 19:00-19:30<br>GRIT   CARDIO<br>H.I.I.T      | 19:00-19:30<br>LesMILLS BODYATTACK<br>CARDIO | 19:00-19:30<br>LesMILLS DANCE<br>ダンス         | 19:30~20:15<br>ZUMBA<br>初美                   |
| 20:00 | 20:00-20:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 20:00-20:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 休講                                           | 20:00-20:30<br>LesMILLS BODYATTACK<br>CARDIO | 20:00-20:30<br>LesMILLS DANCE<br>ダンス         | 20:00-20:30<br>LesMILLS DANCE<br>ダンス         | 休講                                           |
| 21:00 | 21:00-21:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 21:00-21:30<br>GRIT   CARDIO<br>H.I.I.T      | 21:00-21:30<br>LesMILLS BODYATTACK<br>CARDIO | 21:00-21:30<br>LesMILLS DANCE<br>ダンス         | 21:00-21:30<br>LesMILLS DANCE<br>ダンス         | 21:00-21:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 21:00-21:30<br>LesMILLS BODYBALANCE<br>ヨガ    |
| 22:00 | 22:00-22:30<br>GRIT   CARDIO<br>H.I.I.T      | 22:00-22:30<br>LesMILLS BODYATTACK<br>CARDIO | 22:00-22:30<br>LesMILLS DANCE<br>ダンス         | 22:00-22:30<br>LesMILLS DANCE<br>ダンス         | 22:00-22:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 22:00-22:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 22:00-22:30<br>GRIT   CARDIO<br>H.I.I.T      |
| 23:00 | 23:00-23:30<br>LesMILLS BODYATTACK<br>CARDIO | 23:00-23:30<br>LesMILLS DANCE<br>ダンス         | 23:00-23:30<br>LesMILLS DANCE<br>ダンス         | 23:00-23:30<br>LesMILLS BODYCOMBAT<br>格闘技    | 23:00-23:30<br>LesMILLS BODYBALANCE<br>ヨガ    | 23:00-23:30<br>GRIT   CARDIO<br>H.I.I.T      | 23:00-23:30<br>LesMILLS BODYATTACK<br>CARDIO |