

# FIT-AERO FIT-RIDE 【 鳴子店レッスンスケジュール① 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 <b>LesMILLS sprint</b>	00:00~00:30 <b>LesMILLS RPM</b>	00:00~00:30 <b>LesMILLS sprint</b>	00:00~00:30 <b>LesMILLS RPM</b>	00:00~00:30 <b>LesMILLS sprint</b>	00:00~00:30 <b>LesMILLS RPM</b>	00:00~00:30 <b>LesMILLS sprint</b>
0:30	00:30~01:00 <b>GRIT   CARDIO</b>	00:30~01:00 <b>LesMILLS SH'BAM</b>	00:30~01:00 <b>LesMILLS BODYCOMBAT</b>	00:30~01:00 <b>LesMILLS BODYBALANCE</b>	00:30~01:00 <b>LesMILLS BODYATTACK</b>	00:30~01:00 <b>LesMILLS BODYCOMBAT</b>	00:30~01:00 <b>LesMILLS SH'BAM</b>
1:00	1:00~1:45 <b>LesMILLS THE TRIP</b>	1:00~1:45 <b>LesMILLS THE TRIP</b>	1:00~1:45 <b>LesMILLS THE TRIP</b>	1:00~1:45 <b>LesMILLS THE TRIP</b>	1:00~1:45 <b>LesMILLS THE TRIP</b>	1:00~1:45 <b>LesMILLS THE TRIP</b>	1:00~1:45 <b>LesMILLS THE TRIP</b>
1:30	休講	休講	休講	休講	休講	休講	休講
2:00	2:00~2:30 <b>LesMILLS RPM</b>	2:00~2:30 <b>LesMILLS sprint</b>	2:00~2:30 <b>LesMILLS RPM</b>	2:00~2:30 <b>LesMILLS sprint</b>	2:00~2:30 <b>LesMILLS RPM</b>	2:00~2:30 <b>LesMILLS sprint</b>	2:00~2:30 <b>LesMILLS RPM</b>
2:30	2:30~3:00 <b>LesMILLS SH'BAM</b>	2:30~3:00 <b>LesMILLS BODYCOMBAT</b>	2:30~3:00 <b>LesMILLS BODYBALANCE</b>	2:30~3:00 <b>LesMILLS BODYATTACK</b>	2:30~3:00 <b>barre</b>	2:30~3:00 <b>GRIT   CARDIO</b>	2:30~3:00 <b>LesMILLS BODYATTACK</b>
3:00	03:00~03:30 <b>LesMILLS sprint</b>	03:00~03:30 <b>LesMILLS RPM</b>	03:00~03:30 <b>LesMILLS sprint</b>	03:00~03:30 <b>LesMILLS RPM</b>	03:00~03:30 <b>LesMILLS sprint</b>	03:00~03:30 <b>LesMILLS RPM</b>	03:00~03:30 <b>LesMILLS sprint</b>
3:30	3:30~4:00 <b>LesMILLS BODYCOMBAT</b>	3:30~4:00 <b>LesMILLS BODYBALANCE</b>	3:30~4:00 <b>LesMILLS BODYATTACK</b>	3:30~4:00 <b>barre</b>	3:30~4:00 <b>GRIT   CARDIO</b>	3:30~4:00 <b>LesMILLS SH'BAM</b>	3:30~4:00 <b>LesMILLS BODYCOMBAT</b>
4:00	4:00~4:45 <b>LesMILLS THE TRIP</b>	4:00~4:45 <b>LesMILLS THE TRIP</b>	4:00~4:45 <b>LesMILLS THE TRIP</b>	4:00~4:45 <b>LesMILLS THE TRIP</b>	4:00~4:45 <b>LesMILLS THE TRIP</b>	4:00~4:45 <b>LesMILLS THE TRIP</b>	4:00~4:45 <b>LesMILLS THE TRIP</b>
4:30	休講	休講	休講	休講	休講	休講	休講
5:00	5:00~5:30 <b>LesMILLS RPM</b>	5:00~5:30 <b>LesMILLS sprint</b>	5:00~5:30 <b>LesMILLS RPM</b>	5:00~5:30 <b>LesMILLS sprint</b>	5:00~5:30 <b>LesMILLS RPM</b>	5:00~5:30 <b>LesMILLS sprint</b>	5:00~5:30 <b>LesMILLS RPM</b>
5:30	5:30~6:00 <b>LesMILLS BODYBALANCE</b>	5:30~6:00 <b>LesMILLS BODYATTACK</b>	5:30~6:00 <b>barre</b>	5:30~6:00 <b>GRIT   CARDIO</b>	5:30~6:00 <b>LesMILLS SH'BAM</b>	5:30~6:00 <b>LesMILLS BODYCOMBAT</b>	5:30~6:00 <b>LesMILLS SH'BAM</b>
6:00	6:00~6:30 <b>LesMILLS sprint</b>	6:00~6:30 <b>LesMILLS RPM</b>	6:00~6:30 <b>LesMILLS sprint</b>	6:00~6:30 <b>LesMILLS RPM</b>	6:00~6:30 <b>LesMILLS sprint</b>	6:00~6:30 <b>LesMILLS RPM</b>	6:00~6:30 <b>LesMILLS sprint</b>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	6:30~7:00 LesMILLS BODYATTACK	6:30~7:00 barre	6:30~7:00 GRIT   CARDIO	6:30~7:00 LesMILLS SH'BAM	6:30~7:00 LesMILLS BODYCOMBAT	6:30~7:00 LesMILLS BODYBALANCE	6:30~7:00 LesMILLS BODYATTACK
7:00	7:00~7:30 LesMILLS RPM	7:00~7:30 LesMILLS sprint	7:00~7:30 LesMILLS RPM	7:00~7:30 LesMILLS sprint	7:00~7:30 LesMILLS RPM	7:00~7:30 LesMILLS sprint	7:00~7:30 LesMILLS RPM
7:30	7:30~8:00 barre	7:30~8:00 GRIT   CARDIO	7:30~8:00 LesMILLS SH'BAM	7:30~8:00 LesMILLS BODYCOMBAT	7:30~8:00 LesMILLS BODYBALANCE	7:30~8:00 LesMILLS BODYATTACK	7:30~8:00 LesMILLS BODYCOMBAT
8:00	8:00~8:45 LesMILLS THE TRIP	8:00~8:45 LesMILLS THE TRIP	8:00~8:45 LesMILLS THE TRIP	8:00~8:45 LesMILLS THE TRIP	8:00~8:45 LesMILLS THE TRIP	8:00~8:45 LesMILLS THE TRIP	8:00~8:45 LesMILLS THE TRIP
8:30	休講	休講	休講	休講	休講	休講	休講
9:00	9:00~9:30 LesMILLS RPM	9:00~9:45 ボールリリース	9:00~9:30 LesMILLS RPM	9:00~9:45 リンパドレナージュ	9:00~9:45 フィットネスフラ	9:00~9:30 LesMILLS sprint	9:00~9:30 LesMILLS RPM
9:30	9:30~10:30 アンチエイジング グヨガ	KAGAMI	9:30~10:15 Balance up	KAGAMI	REIKO	9:30~10:00 LesMILLS SH'BAM	9:30~10:00 LesMILLS BODYATTACK
10:00	YUKO	10:00~10:45 バレトン	HITOMI	10:00~10:45 ダンスエクササイズ	ZUMBA	10:00~10:45 ピラティス	10:00~10:45 LesMILLS THE TRIP
10:30	休講	KAGAMI	休講	KAGAMI	REIKO	HITOMI	
11:00	11:00~11:45 Shape Body	11:00~11:45 BODY BURN !!	11:00~11:30 LesMILLS sprint	11:00~12:00 バランスボールエ クササイズ	11:00~11:30 LesMILLS sprint	11:00~11:45 燃えろ！ 燃焼ダンス	11:00~11:30 LesMILLS RPM
11:30	篠田裕太	YUKO	11:30~12:00 LesMILLS BODYBALANCE	SHIHO	11:30~12:00 LesMILLS SH'BAM	YUKO	11:30~12:00 LesMILLS BODYATTACK

# FIT-AERO FIT-RIDE 【 レッスンスケジュール③ 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00	12:00~12:30 LesMILLS RPM	12:00~12:30 LesMILLS sprint	12:00~12:30 LesMILLS RPM	休講	12:00~12:30 LesMILLS RPM	12:00~12:30 LesMILLS sprint	12:00~12:30 LesMILLS RPM
12:30	12:30~13:00 LesMILLS BODYATTACK	12:30~13:00 LesMILLS BODYBALANCE	12:30~13:00 GRIT   CARDIO	12:30~13:00 LesMILLS SH'BAM	12:30~13:00 LesMILLS BODYCOMBAT	12:30~13:00 barre	12:30~13:00 LesMILLS BODYCOMBAT
13:00	12:45~13:30 フィットネスフラ  REIKO	13:00~13:45 LesMILLS THE TRIP	13:00~13:45 LesMILLS THE TRIP	13:00~13:45 機能改善  三浦啓子	13:00~13:45 LesMILLS THE TRIP	13:00~13:45 LesMILLS THE TRIP	13:00~13:45 LesMILLS THE TRIP
13:30	13:45~14:30 初級エアロ  REIKO	休講	休講	休講	休講	休講	休講
14:00	14:00~14:30 初級エアロ  REIKO	14:00~14:45 デトックス & リラックスヨガ  MARIE	14:00~14:45 体幹強化 バランスボール  東仲梨沙	14:00~14:30 LesMILLS RPM	14:00~14:30 LesMILLS sprint	14:00~14:30 LesMILLS RPM	14:00~14:30 LesMILLS sprint
14:30	休講	休講	休講	14:30~15:00 LesMILLS BODYCOMBAT	14:30~15:00 barre	14:30~15:00 LesMILLS BODYATTACK	14:30~15:00 LesMILLS SH'BAM
15:00	15:00~15:30 LesMILLS sprint	休講	15:00~15:30 LesMILLS sprint	15:00~15:30 LesMILLS RPM	15:00~15:30 LesMILLS RPM	15:00~15:30 LesMILLS sprint	15:00~15:30 LesMILLS RPM
15:30	15:30~16:00 GRIT   CARDIO	15:30~16:00 barre	15:30~16:00 LesMILLS BODYCOMBAT	15:30~16:00 LesMILLS SH'BAM	15:30~16:00 LesMILLS BODYATTACK	15:30~16:00 LesMILLS BODYBALANCE	15:30~16:00 GRIT   CARDIO
16:00	16:00~16:45 LesMILLS THE TRIP	16:00~16:45 LesMILLS THE TRIP	16:00~16:45 LesMILLS THE TRIP	16:00~16:45 LesMILLS THE TRIP	16:00~16:45 LesMILLS THE TRIP	16:00~16:45 LesMILLS THE TRIP	16:00~16:45 LesMILLS THE TRIP
16:30	休講	休講	休講	休講	休講	休講	休講
17:00	17:00~17:30 LesMILLS SH'BAM	17:00~17:30 LesMILLS BODYATTACK	17:00~17:30 LesMILLS SH'BAM	17:00~17:30 LesMILLS BODYCOMBAT	17:00~17:45 ストレス発散 バランスボール  東仲梨沙	17:00~17:30 LesMILLS BODYCOMBAT	17:00~17:30 LesMILLS SH'BAM
17:30	17:30~18:00 LesMILLS BODYATTACK	17:30~18:00 LesMILLS SH'BAM	17:30~18:00 LesMILLS BODYATTACK	17:30~18:00 barre	休講	17:30~18:00 GRIT   CARDIO	17:30~18:00 LesMILLS BODYATTACK
18:00	18:00~18:45 LesMILLS THE TRIP	18:00~18:45 LesMILLS THE TRIP	18:00~18:45 LesMILLS THE TRIP	18:00~18:45 LesMILLS THE TRIP	休講	18:00~18:45 LesMILLS THE TRIP	18:00~18:45 LesMILLS THE TRIP



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30	休講	休講	休講	休講	休講	休講	休講
19:00	19:00~19:30 LesMILLS <b>BODYATTACK</b>	19:00~19:45 ZUMBA	19:00~19:30 LesMILLS <b>BODYATTACK</b>	19:00~19:30 LesMILLS <b>BODYCOMBAT</b>	19:00~19:30 LesMILLS <b>BODYBALANCE</b>	19:00~19:30 LesMILLS <b>BODYATTACK</b>	19:00~19:30 LesMILLS <b>BODYCOMBAT</b>
19:30	休講 19:30~20:15 Shape Body 篠田裕太	20:00~20:45 フィットネスフラ REIKO	19:30~20:00 LesMILLS <b>SH'BAM</b>	19:30~20:00 LesMILLS <b>BODYATTACK</b>	19:30~20:00 GRIT   CARDIO	19:30~20:00 LesMILLS <b>SH'BAM</b>	19:30~20:00 LesMILLS <b>BODYATTACK</b>
20:00	20:30~21:00 barre	20:00~20:45 フィットネスフラ REIKO	20:00~20:30 LesMILLS <b>RPM</b>	20:00~20:30 LesMILLS <b>sprint</b>	20:00~20:30 LesMILLS <b>RPM</b>	20:00~20:30 LesMILLS <b>sprint</b>	20:00~20:30 LesMILLS <b>RPM</b>
20:30	21:00~21:30 LesMILLS <b>sprint</b>	21:00~21:30 LesMILLS <b>RPM</b>	21:00~21:30 LesMILLS <b>sprint</b>	21:00~21:30 LesMILLS <b>RPM</b>	21:00~21:30 LesMILLS <b>sprint</b>	21:00~21:30 LesMILLS <b>RPM</b>	21:00~21:30 LesMILLS <b>sprint</b>
21:00	21:30~22:00 LesMILLS <b>BODYATTACK</b>	21:30~22:00 LesMILLS <b>BODYBALANCE</b>	21:30~22:00 barre	21:30~22:00 LesMILLS <b>SH'BAM</b>	21:30~22:00 LesMILLS <b>BODYCOMBAT</b>	21:30~22:00 barre	21:30~22:00 LesMILLS <b>BODYCOMBAT</b>
21:30	22:00~22:45 LesMILLS <b>THE TRIP</b>	22:00~22:45 LesMILLS <b>THE TRIP</b>	22:00~22:45 LesMILLS <b>THE TRIP</b>	22:00~22:45 LesMILLS <b>THE TRIP</b>	22:00~22:45 LesMILLS <b>THE TRIP</b>	22:00~22:45 LesMILLS <b>THE TRIP</b>	22:00~22:45 LesMILLS <b>THE TRIP</b>
22:00	休講	休講	休講	休講	休講	休講	休講
22:30	23:00~23:30 LesMILLS <b>RPM</b>	23:00~23:30 LesMILLS <b>sprint</b>	23:00~23:30 LesMILLS <b>RPM</b>	23:00~23:30 LesMILLS <b>sprint</b>	23:00~23:30 LesMILLS <b>RPM</b>	23:00~23:30 LesMILLS <b>sprint</b>	23:00~23:30 LesMILLS <b>RPM</b>
23:00	23:30~24:00 LesMILLS <b>BODYBALANCE</b>	23:30~24:00 GRIT   CARDIO	23:30~24:00 LesMILLS <b>SH'BAM</b>	23:30~24:00 LesMILLS <b>BODYCOMBAT</b>	23:30~24:00 barre	23:30~24:00 LesMILLS <b>BODYATTACK</b>	23:30~24:00 LesMILLS <b>BODYATTACK</b>
23:30							