

LesMILLS

FIT-AERO 

イオンタウン弥富店

月曜日

火曜日

水曜日

木曜日

金曜日

土曜日

日曜日

4:00

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

LesMILLS
barre

LesMILLS
SH'BAM

LesMILLS
BODYCOMBAT

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

5:00

LesMILLS
BODYATTACK

LesMILLS
barre

LesMILLS
SH'BAM

LesMILLS
BODYCOMBAT

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

6:00

LesMILLS
barre

LesMILLS
SH'BAM

LesMILLS
BODYCOMBAT

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

LesMILLS
barre

7:00

LesMILLS
SH'BAM

LesMILLS
BODYCOMBAT

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

LesMILLS
barre

LesMILLS
SH'BAM

8:00

LesMILLS
BODYCOMBAT

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

LesMILLS
barre

LesMILLS
SH'BAM

LesMILLS
BODYCOMBAT

9:00

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

LesMILLS
barre

LesMILLS
SH'BAM

LesMILLS
BODYCOMBAT

LesMILLS
BODYBALANCE

10:00

LesMILLS
GRIT | CARDIO

LesMILLS
BODYATTACK

LesMILLS
barre

10:00~10:45
ストレッチヨガ
YUKA

10:00~10:45
バレトン
三浦あかり

LesMILLS
BODYBALANCE

LesMILLS
GRIT | CARDIO

11:00

LesMILLS
BODYATTACK

LesMILLS
barre

LesMILLS
SH'BAM

11:00~11:45
ダンストックス
YUKA

11:00~11:45
リフレッシュヨガ
三浦あかり

LesMILLS
GRIT | CARDIO

11:00~12:00
トックスダイエット
プログラム
大吉

12:00	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	休講
13:00	LES MILLS SH'BAM	13:00~13:45 バレトン 三浦あかり	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM
14:00	LES MILLS BODYCOMBAT	14:00~14:45 リフレッシュヨガ 三浦あかり	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT
15:00	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
16:00	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	16:00~16:45 シェイプアップヨガ 伊藤庸介	LES MILLS GRIT CARDIO
17:00	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	17:00~17:45 姿勢改善 ピラティス manami	17:00~17:45 骨盤調整ヨガ 伊藤庸介	LES MILLS BODYATTACK
18:00	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	18:30~19:15 シェイプアップヨガ 伊藤庸介	18:00~18:45 ボール エクササイズ manami	LES MILLS BODYATTACK	LES MILLS barre
19:00	LES MILLS SH'BAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	休講	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM
20:00	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SH'BAM	LES MILLS BODYCOMBAT

21:00

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

22:00

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

23:00

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

24:00

LES MILLS
barre

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

1:00

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
SH'BAM

2:00

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

3:00

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
SH'BAM

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

- CATEGORY -

LES MILLS
BODYCOMBAT

格闘技

ヨガ

LES MILLS
BODYBALANCE

LES MILLS
GRIT | CARDIO

H.I.I.T

CARDIO

LES MILLS
BODYATTACK

LES MILLS
barre

バレエ

ダンス

LES MILLS
SH'BAM