



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 LesMILLS barre	00:00~00:30 LesMILLS SH'BAM	00:00~00:30 LesMILLS BODYCOMBAT	00:00~00:30 LesMILLS BODYBALANCE	00:00~00:30 LesMILLS GRIT CARDIO	00:00~00:30 LesMILLS BODYATTACK	00:00~00:30 LesMILLS barre
1:00	1:00~1:30 LesMILLS SH'BAM	1:00~1:30 LesMILLS BODYCOMBAT	1:00~1:30 LesMILLS BODYBALANCE	1:00~1:30 LesMILLS GRIT CARDIO	1:00~1:30 LesMILLS BODYATTACK	1:00~1:30 LesMILLS barre	1:00~1:30 LesMILLS SH'BAM
2:00	2:00~2:30 LesMILLS BODYCOMBAT	2:00~2:30 LesMILLS BODYBALANCE	2:00~2:30 LesMILLS GRIT CARDIO	2:00~2:30 LesMILLS BODYATTACK	2:00~2:30 LesMILLS barre	2:00~2:30 LesMILLS SH'BAM	2:00~2:30 LesMILLS BODYCOMBAT
3:00	3:00~3:30 LesMILLS BODYBALANCE	3:00~3:30 LesMILLS GRIT CARDIO	3:00~3:30 LesMILLS BODYATTACK	3:00~3:30 LesMILLS barre	3:00~3:30 LesMILLS SH'BAM	3:00~3:30 LesMILLS BODYCOMBAT	3:00~3:30 LesMILLS BODYBALANCE
4:00	4:00~4:30 LesMILLS GRIT CARDIO	4:00~4:30 LesMILLS BODYATTACK	4:00~4:30 LesMILLS barre	4:00~4:30 LesMILLS SH'BAM	4:00~4:30 LesMILLS BODYCOMBAT	4:00~4:30 LesMILLS BODYBALANCE	4:00~4:30 LesMILLS GRIT CARDIO
5:00	5:00~5:30 LesMILLS BODYATTACK	5:00~5:30 LesMILLS barre	5:00~5:30 LesMILLS SH'BAM	5:00~5:30 LesMILLS BODYCOMBAT	5:00~5:30 LesMILLS BODYBALANCE	5:00~5:30 LesMILLS GRIT CARDIO	5:00~5:30 LesMILLS BODYATTACK
6:00	6:00~6:30 LesMILLS barre	6:00~6:30 LesMILLS SH'BAM	6:00~6:30 LesMILLS BODYCOMBAT	6:00~6:30 LesMILLS BODYBALANCE	6:00~6:30 LesMILLS GRIT CARDIO	6:00~6:30 LesMILLS BODYATTACK	6:00~6:30 LesMILLS barre
7:00	7:00~7:30 LesMILLS SH'BAM	7:00~7:30 LesMILLS BODYCOMBAT	7:00~7:30 LesMILLS BODYBALANCE	7:00~7:30 LesMILLS GRIT CARDIO	7:00~7:30 LesMILLS BODYATTACK	7:00~7:30 LesMILLS barre	7:00~7:30 LesMILLS SH'BAM
8:00	8:00~8:30 LesMILLS BODYCOMBAT	8:00~8:30 LesMILLS BODYBALANCE	8:00~8:30 LesMILLS GRIT CARDIO	8:00~8:30 LesMILLS BODYATTACK	8:00~8:30 LesMILLS barre	8:00~8:30 LesMILLS SH'BAM	8:00~8:30 LesMILLS BODYCOMBAT
9:00	9:00~9:30 LesMILLS BODYBALANCE	9:00~9:30 LesMILLS GRIT CARDIO	9:00~9:30 LesMILLS BODYATTACK	9:00~9:30 LesMILLS barre	9:00~9:30 LesMILLS SH'BAM	9:00~9:30 LesMILLS BODYCOMBAT	9:00~9:30 LesMILLS BODYBALANCE
10:00	10:00~10:30 LesMILLS GRIT CARDIO	休講	10:00~10:30 LesMILLS barre	10:00~10:30 LesMILLS SH'BAM	10:00~10:45 脂肪燃焼 ポクササイズ MIKA	10:00~10:30 LesMILLS BODYBALANCE	10:00~10:30 LesMILLS GRIT CARDIO
11:00	11:15~12:00 脂肪燃焼 ポクササイズ MIKA	10:30~11:15 ZUMBA® hirona	11:00~11:30 LesMILLS SH'BAM	11:00~11:30 LesMILLS BODYCOMBAT	11:00~11:30 K-POP MIKA	11:00~11:30 LesMILLS GRIT CARDIO	11:00~11:30 LesMILLS BODYATTACK
12:00	休講	11:30~12:15 HIPHOP hirona	12:00~12:30 LesMILLS BODYCOMBAT	12:00~12:30 LesMILLS BODYBALANCE	12:00~12:30 LesMILLS GRIT CARDIO	12:00~12:30 LesMILLS BODYATTACK	12:00~12:30 LesMILLS barre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 LES MILLS SH'BAM	13:00~13:45 K-POP MIKA	13:00~13:30 LES MILLS BODYBALANCE	13:00~13:30 GRIT CARDIO	13:00~13:30 LES MILLS BODYATTACK	13:00~13:45 HIPHOP hirona	13:00~13:30 LES MILLS SH'BAM
14:00	14:00~14:30 LES MILLS BODYCOMBAT	14:00~15:00 リラックス & フローヨガ Chie	14:00~14:30 GRIT CARDIO	14:00~14:30 LES MILLS BODYATTACK	14:00~14:30 barre	14:00~14:45 むくみ解消ヨガ hirona	14:00~14:30 LES MILLS BODYCOMBAT
15:00	15:00~15:30 LES MILLS BODYBALANCE	休講	15:00~15:30 LES MILLS BODYATTACK	15:00~15:30 barre	15:00~15:30 LES MILLS SH'BAM	15:00~15:30 LES MILLS BODYCOMBAT	15:00~15:30 LES MILLS BODYBALANCE
16:00	16:00~16:30 GRIT CARDIO	16:00~16:30 LES MILLS BODYATTACK	16:00~16:30 barre	16:00~16:30 LES MILLS SH'BAM	16:00~16:30 LES MILLS BODYCOMBAT	16:00~16:45 脂肪燃焼 エアロピクス AYAKA	16:00~16:30 GRIT CARDIO
17:00	17:00~17:30 LES MILLS BODYATTACK	17:00~17:30 barre	17:00~17:30 LES MILLS SH'BAM	17:00~17:30 LES MILLS BODYCOMBAT	17:00~17:30 LES MILLS BODYBALANCE	17:00~17:45 美尻トレーニング AYAKA	17:00~17:30 LES MILLS BODYATTACK
18:00	18:00~18:30 barre	18:00~18:30 LES MILLS SH'BAM	18:00~18:30 LES MILLS BODYCOMBAT	18:00~18:30 LES MILLS BODYBALANCE	18:00~18:30 GRIT CARDIO	18:00~18:30 LES MILLS BODYATTACK	18:00~18:30 barre
19:00	19:00~19:30 LES MILLS SH'BAM	19:00~19:30 LES MILLS BODYCOMBAT	19:00~19:30 LES MILLS BODYBALANCE	19:00~19:30 GRIT CARDIO	19:00~19:30 LES MILLS BODYATTACK	19:00~19:30 barre	19:00~19:30 LES MILLS SH'BAM
20:00	20:00~20:30 LES MILLS BODYCOMBAT	20:00~20:30 LES MILLS BODYBALANCE	20:00~20:30 GRIT CARDIO	20:00~20:30 LES MILLS BODYATTACK	20:00~20:30 barre	20:00~20:30 LES MILLS SH'BAM	20:00~20:30 LES MILLS BODYCOMBAT
21:00	21:00~21:30 LES MILLS BODYBALANCE	21:00~21:30 GRIT CARDIO	21:00~21:30 HIIT Training AYAKA	21:00~21:30 barre	21:00~21:30 LES MILLS SH'BAM	21:00~21:30 LES MILLS BODYCOMBAT	21:00~21:30 LES MILLS BODYBALANCE
22:00	22:00~22:30 GRIT CARDIO	22:00~22:30 LES MILLS BODYATTACK	22:00~22:30 barre	22:00~22:30 LES MILLS SH'BAM	22:00~22:30 LES MILLS BODYCOMBAT	22:00~22:30 LES MILLS BODYBALANCE	22:00~22:30 GRIT CARDIO
23:00	23:00~23:30 LES MILLS BODYATTACK	23:00~23:30 barre	23:00~23:30 LES MILLS SH'BAM	23:00~23:30 LES MILLS BODYCOMBAT	23:00~23:30 LES MILLS BODYBALANCE	23:00~23:30 GRIT CARDIO	23:00~23:30 LES MILLS BODYATTACK

