

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 LesMILLS <b>barre</b>	00:00~00:30 LesMILLS <b>SH'BAM</b>	00:00~00:30 LesMILLS <b>BODYCOMBAT</b>	00:00~00:30 LesMILLS <b>BODYBALANCE</b>	00:00~00:30 LesMILLS <b>GRIT</b>   CARDIO	00:00~00:30 LesMILLS <b>BODYATTACK</b>	00:00~00:30 LesMILLS <b>barre</b>
1:00	1:00~1:30 LesMILLS <b>SH'BAM</b>	1:00~1:30 LesMILLS <b>BODYCOMBAT</b>	1:00~1:30 LesMILLS <b>BODYBALANCE</b>	1:00~1:30 LesMILLS <b>GRIT</b>   CARDIO	1:00~1:30 LesMILLS <b>BODYATTACK</b>	1:00~1:30 LesMILLS <b>barre</b>	1:00~1:30 LesMILLS <b>SH'BAM</b>
2:00	2:00~2:30 LesMILLS <b>BODYCOMBAT</b>	2:00~2:30 LesMILLS <b>BODYBALANCE</b>	2:00~2:30 LesMILLS <b>GRIT</b>   CARDIO	2:00~2:30 LesMILLS <b>BODYATTACK</b>	2:00~2:30 LesMILLS <b>barre</b>	2:00~2:30 LesMILLS <b>SH'BAM</b>	2:00~2:30 LesMILLS <b>BODYCOMBAT</b>
3:00	3:00~3:30 LesMILLS <b>BODYBALANCE</b>	3:00~3:30 LesMILLS <b>GRIT</b>   CARDIO	3:00~3:30 LesMILLS <b>BODYATTACK</b>	3:00~3:30 LesMILLS <b>barre</b>	3:00~3:30 LesMILLS <b>SH'BAM</b>	3:00~3:30 LesMILLS <b>BODYCOMBAT</b>	3:00~3:30 LesMILLS <b>BODYBALANCE</b>
4:00	4:00~4:30 LesMILLS <b>GRIT</b>   CARDIO	4:00~4:30 LesMILLS <b>BODYATTACK</b>	4:00~4:30 LesMILLS <b>barre</b>	4:00~4:30 LesMILLS <b>SH'BAM</b>	4:00~4:30 LesMILLS <b>BODYCOMBAT</b>	4:00~4:30 LesMILLS <b>BODYBALANCE</b>	4:00~4:30 LesMILLS <b>GRIT</b>   CARDIO
5:00	5:00~5:30 LesMILLS <b>BODYATTACK</b>	5:00~5:30 LesMILLS <b>barre</b>	5:00~5:30 LesMILLS <b>SH'BAM</b>	5:00~5:30 LesMILLS <b>BODYCOMBAT</b>	5:00~5:30 LesMILLS <b>BODYBALANCE</b>	5:00~5:30 LesMILLS <b>GRIT</b>   CARDIO	5:00~5:30 LesMILLS <b>BODYATTACK</b>
6:00	6:00~6:30 LesMILLS <b>barre</b>	6:00~6:30 LesMILLS <b>SH'BAM</b>	6:00~6:30 LesMILLS <b>BODYCOMBAT</b>	6:00~6:30 LesMILLS <b>BODYBALANCE</b>	6:00~6:30 LesMILLS <b>GRIT</b>   CARDIO	6:00~6:30 LesMILLS <b>BODYATTACK</b>	6:00~6:30 LesMILLS <b>barre</b>
7:00	7:00~7:30 LesMILLS <b>SH'BAM</b>	7:00~7:30 LesMILLS <b>BODYCOMBAT</b>	7:00~7:30 LesMILLS <b>BODYBALANCE</b>	7:00~7:30 LesMILLS <b>GRIT</b>   CARDIO	7:00~7:30 LesMILLS <b>BODYATTACK</b>	7:00~7:30 LesMILLS <b>barre</b>	7:00~7:30 LesMILLS <b>SH'BAM</b>
8:00	8:00~8:30 LesMILLS <b>BODYCOMBAT</b>	8:00~8:30 LesMILLS <b>BODYBALANCE</b>	8:00~8:30 LesMILLS <b>GRIT</b>   CARDIO	8:00~8:30 LesMILLS <b>BODYATTACK</b>	8:00~8:30 LesMILLS <b>barre</b>	8:00~8:30 LesMILLS <b>SH'BAM</b>	8:00~8:30 LesMILLS <b>BODYCOMBAT</b>
9:00	9:00~9:30 LesMILLS <b>BODYBALANCE</b>	9:00~9:30 LesMILLS <b>GRIT</b>   CARDIO	9:00~9:30 LesMILLS <b>BODYATTACK</b>	9:00~9:30 LesMILLS <b>barre</b>	9:00~9:30 LesMILLS <b>SH'BAM</b>	9:00~9:30 LesMILLS <b>BODYCOMBAT</b>	9:00~9:30 LesMILLS <b>BODYBALANCE</b>
10:00	10:00~10:30 LesMILLS <b>GRIT</b>   CARDIO	10:00~10:30 LesMILLS <b>BODYATTACK</b>	10:00~10:30 LesMILLS <b>barre</b>	10:00~10:30 LesMILLS <b>SH'BAM</b>			10:00~10:30 LesMILLS <b>GRIT</b>   CARDIO
11:00	11:00~11:30 LesMILLS <b>BODYATTACK</b>	11:00~11:30 LesMILLS <b>barre</b>	11:00~11:30 LesMILLS <b>SH'BAM</b>	11:00~11:30 LesMILLS <b>BODYCOMBAT</b>	10:30~11:30 ピラティス YUMI	10:30~11:30 Hula 矢島	11:00~11:30 LesMILLS <b>BODYATTACK</b>
12:00	12:00~12:30 LesMILLS <b>barre</b>	12:00~12:30 LesMILLS <b>SH'BAM</b>	12:00~12:30 LesMILLS <b>BODYCOMBAT</b>	12:00~12:30 LesMILLS <b>BODYBALANCE</b>	12:00~12:30 LesMILLS <b>GRIT</b>   CARDIO	12:00~12:30 LesMILLS <b>BODYATTACK</b>	12:00~12:30 LesMILLS <b>barre</b>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 <b>LES MILLS SH'BAM</b>	13:00~13:30 <b>LES MILLS BODYCOMBAT</b>	13:00~13:30 <b>LES MILLS BODYBALANCE</b>	13:00~13:30 <b>LES MILLS GRIT   CARDIO</b>	13:00~13:30 <b>LES MILLS BODYATTACK</b>	13:00~13:30 <b>barre</b>	13:00~13:30 <b>LES MILLS SH'BAM</b>
14:00	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>	14:00~14:30 <b>LES MILLS BODYBALANCE</b>	14:00~14:30 <b>LES MILLS GRIT   CARDIO</b>	14:00~14:30 <b>LES MILLS BODYATTACK</b>	14:00~14:30 <b>barre</b>	14:00~15:00 ピラティス AI	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>
15:00	15:00~15:30 <b>LES MILLS BODYBALANCE</b>	15:00~15:30 <b>LES MILLS GRIT   CARDIO</b>	15:00~15:30 <b>LES MILLS BODYATTACK</b>	15:00~15:30 <b>barre</b>	15:00~15:30 <b>LES MILLS SH'BAM</b>	休講	15:00~15:30 <b>LES MILLS BODYBALANCE</b>
16:00	16:00~16:30 <b>LES MILLS GRIT   CARDIO</b>	16:00~16:30 <b>LES MILLS BODYATTACK</b>	16:00~16:30 <b>barre</b>	16:00~16:30 <b>LES MILLS SH'BAM</b>	16:00~16:30 <b>LES MILLS BODYCOMBAT</b>	16:00~16:30 <b>LES MILLS BODYBALANCE</b>	16:00~16:30 <b>LES MILLS GRIT   CARDIO</b>
17:00	17:00~17:30 <b>LES MILLS BODYATTACK</b>	17:00~17:30 <b>barre</b>	17:00~17:30 <b>LES MILLS SH'BAM</b>	17:00~17:30 <b>LES MILLS BODYCOMBAT</b>	17:00~17:30 <b>LES MILLS BODYBALANCE</b>	17:00~17:30 <b>LES MILLS GRIT   CARDIO</b>	17:00~17:30 <b>LES MILLS BODYATTACK</b>
18:00	18:00~18:30 <b>barre</b>	18:00~18:30 <b>LES MILLS SH'BAM</b>	18:00~18:30 <b>LES MILLS BODYCOMBAT</b>	18:00~19:00 フローヨガ 本多栄利科	18:00~18:30 <b>LES MILLS GRIT   CARDIO</b>	18:00~18:30 <b>LES MILLS BODYATTACK</b>	18:00~18:30 <b>barre</b>
19:00	19:00~19:30 <b>LES MILLS SH'BAM</b>	18:45~19:45 骨盤ヨガ Azusa	18:45~19:45 ベリーダンス Nesma	休講	18:45~19:45 スローフローヨガ Nahoko	19:00~19:30 <b>barre</b>	19:00~19:30 <b>LES MILLS SH'BAM</b>
20:00	20:00~20:30 <b>LES MILLS BODYCOMBAT</b>	20:00~20:30 <b>LES MILLS BODYBALANCE</b>	20:00~20:30 <b>LES MILLS GRIT   CARDIO</b>	20:00~20:30 <b>LES MILLS BODYATTACK</b>	20:00~20:30 <b>barre</b>	20:00~20:30 <b>LES MILLS SH'BAM</b>	20:00~20:30 <b>LES MILLS BODYCOMBAT</b>
21:00	21:00~21:30 <b>LES MILLS BODYBALANCE</b>	21:00~21:30 <b>LES MILLS GRIT   CARDIO</b>	21:00~21:30 <b>LES MILLS BODYATTACK</b>	21:00~21:30 <b>barre</b>	21:00~21:30 <b>LES MILLS SH'BAM</b>	21:00~21:30 <b>LES MILLS BODYCOMBAT</b>	21:00~21:30 <b>LES MILLS BODYBALANCE</b>
22:00	22:00~22:30 <b>LES MILLS GRIT   CARDIO</b>	22:00~22:30 <b>LES MILLS BODYATTACK</b>	22:00~22:30 <b>barre</b>	22:00~22:30 <b>LES MILLS SH'BAM</b>	22:00~22:30 <b>LES MILLS BODYCOMBAT</b>	22:00~22:30 <b>LES MILLS BODYBALANCE</b>	22:00~22:30 <b>LES MILLS GRIT   CARDIO</b>
23:00	23:00~23:30 <b>LES MILLS BODYATTACK</b>	23:00~23:30 <b>barre</b>	23:00~23:30 <b>LES MILLS SH'BAM</b>	23:00~23:30 <b>LES MILLS BODYCOMBAT</b>	23:00~23:30 <b>LES MILLS BODYBALANCE</b>	23:00~23:30 <b>LES MILLS GRIT   CARDIO</b>	23:00~23:30 <b>LES MILLS BODYATTACK</b>

