

# 丸亀店スタジオレッスンスケジュール

	月	火	水	木	金	土	日
10:00						10:00~10:45 BODYBALANCE Kaoru 難易度 ★☆☆ 強度 ★☆☆	
11:00							
12:00							
13:00							
14:00							
15:00							
16:00						15:00~15:45 LESMILLS CORE Kaoru 難易度 ★☆☆ 強度 ★★☆☆	
						16:00~16:45 ステップエクササイズ Kaoru 難易度 ★☆☆ 強度 ★☆☆	
17:00						17:00~17:45 ZUMBA GOLD® Kaoru 難易度 ★☆☆ 強度 ★☆☆	
18:00							
19:00							
19:30~20:15	19:30~20:15 BODYATTACK Asami 難易度 ★☆☆ 強度 ★★★						19:00~19:45 リフレッシュヨガ 長谷川 千春 難易度 ★☆☆ 強度 ★☆☆
20:00		20:00~20:45 BODYCOMBAT テック&ショート ひげぞー 難易度 ★★☆☆ 強度 ★★☆☆	20:00~20:45 天空大河 ひげぞー 難易度 ★★★ 強度 ★★★	19:30~20:15 コンディショニングヨガ 長谷川 千春 難易度 ★☆☆ 強度 ★☆☆	19:45~20:30 LESMILLS CORE Kaoru 難易度 ★☆☆ 強度 ★★☆☆		
20:30~21:15	20:30~21:15 リリースケア Asami 難易度 ★★☆☆ 強度 ★★☆☆			20:30~21:15 BODYCOMBAT ひげぞー 難易度 ★☆☆ 強度 ★★★	20:45~21:30 BODYATTACK Kaoru 難易度 ★☆☆ 強度 ★★★	20:30~21:15 天空大河 ひげぞー 難易度 ★★★ 強度 ★★★	
21:00		21:00~21:45 リリースケア Asami 難易度 ★★☆☆ 強度 ★★☆☆	21:00~21:45 Physical Boxing Kouki 難易度 ★★★ 強度 ★★★				
22:00							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 <b>barre</b>	00:00~00:30 <b>LES MILLS SH'BAM</b>	00:00~00:30 <b>LES MILLS BODYCOMBAT</b>	00:00~00:30 <b>LES MILLS BODYBALANCE</b>	00:00~00:30 <b>GRIT   CARDIO</b>	00:00~00:30 <b>LES MILLS BODYATTACK</b>	00:00~00:30 <b>barre</b>
1:00	1:00~1:30 <b>LES MILLS SH'BAM</b>	1:00~1:30 <b>LES MILLS BODYCOMBAT</b>	1:00~1:30 <b>LES MILLS BODYBALANCE</b>	1:00~1:30 <b>GRIT   CARDIO</b>	1:00~1:30 <b>LES MILLS BODYATTACK</b>	1:00~1:30 <b>barre</b>	1:00~1:30 <b>LES MILLS SH'BAM</b>
2:00	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>	2:00~2:30 <b>LES MILLS BODYBALANCE</b>	2:00~2:30 <b>GRIT   CARDIO</b>	2:00~2:30 <b>LES MILLS BODYATTACK</b>	2:00~2:30 <b>barre</b>	2:00~2:30 <b>LES MILLS SH'BAM</b>	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>
3:00	3:00~3:30 <b>LES MILLS BODYBALANCE</b>	3:00~3:30 <b>GRIT   CARDIO</b>	3:00~3:30 <b>LES MILLS BODYATTACK</b>	3:00~3:30 <b>barre</b>	3:00~3:30 <b>LES MILLS SH'BAM</b>	3:00~3:30 <b>LES MILLS BODYCOMBAT</b>	3:00~3:30 <b>LES MILLS BODYBALANCE</b>
4:00	4:00~4:30 <b>GRIT   CARDIO</b>	4:00~4:30 <b>LES MILLS BODYATTACK</b>	4:00~4:30 <b>barre</b>	4:00~4:30 <b>LES MILLS SH'BAM</b>	4:00~4:30 <b>LES MILLS BODYCOMBAT</b>	4:00~4:30 <b>LES MILLS BODYBALANCE</b>	4:00~4:30 <b>GRIT   CARDIO</b>
5:00	5:00~5:30 <b>LES MILLS BODYATTACK</b>	5:00~5:30 <b>barre</b>	5:00~5:30 <b>LES MILLS SH'BAM</b>	5:00~5:30 <b>LES MILLS BODYCOMBAT</b>	5:00~5:30 <b>LES MILLS BODYBALANCE</b>	5:00~5:30 <b>GRIT   CARDIO</b>	5:00~5:30 <b>LES MILLS BODYATTACK</b>
6:00	6:00~6:30 <b>barre</b>	6:00~6:30 <b>LES MILLS SH'BAM</b>	6:00~6:30 <b>LES MILLS BODYCOMBAT</b>	6:00~6:30 <b>LES MILLS BODYBALANCE</b>	6:00~6:30 <b>GRIT   CARDIO</b>	6:00~6:30 <b>LES MILLS BODYATTACK</b>	6:00~6:30 <b>barre</b>
7:00	7:00~7:30 <b>LES MILLS SH'BAM</b>	7:00~7:30 <b>LES MILLS BODYCOMBAT</b>	7:00~7:30 <b>LES MILLS BODYBALANCE</b>	7:00~7:30 <b>GRIT   CARDIO</b>	7:00~7:30 <b>LES MILLS BODYATTACK</b>	7:00~7:30 <b>barre</b>	7:00~7:30 <b>LES MILLS SH'BAM</b>
8:00	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>	8:00~8:30 <b>LES MILLS BODYBALANCE</b>	8:00~8:30 <b>GRIT   CARDIO</b>	8:00~8:30 <b>LES MILLS BODYATTACK</b>	8:00~8:30 <b>barre</b>	8:00~8:30 <b>LES MILLS SH'BAM</b>	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>
9:00	9:00~9:30 <b>LES MILLS BODYBALANCE</b>	9:00~9:30 <b>GRIT   CARDIO</b>	9:00~9:30 <b>LES MILLS BODYATTACK</b>	9:00~9:30 <b>barre</b>	9:00~9:30 <b>LES MILLS SH'BAM</b>	9:00~9:30 <b>LES MILLS BODYCOMBAT</b>	9:00~9:30 <b>LES MILLS BODYBALANCE</b>
10:00	10:00~10:30 <b>GRIT   CARDIO</b>	10:00~10:30 <b>LES MILLS BODYATTACK</b>	10:00~10:30 <b>barre</b>	10:00~10:30 <b>LES MILLS SH'BAM</b>	10:00~10:30 <b>LES MILLS BODYCOMBAT</b>	10:00~10:30 <b>LES MILLS BODYBALANCE</b>	10:00~10:30 <b>GRIT   CARDIO</b>
11:00	11:00~11:30 <b>LES MILLS BODYATTACK</b>	11:00~11:30 <b>barre</b>	11:00~11:30 <b>LES MILLS SH'BAM</b>	11:00~11:30 <b>LES MILLS BODYCOMBAT</b>	11:00~11:30 <b>LES MILLS BODYBALANCE</b>	11:00~11:30 <b>GRIT   CARDIO</b>	11:00~11:30 <b>LES MILLS BODYATTACK</b>
12:00	12:00~12:30 <b>barre</b>	12:00~12:30 <b>LES MILLS SH'BAM</b>	12:00~12:30 <b>LES MILLS BODYCOMBAT</b>	12:00~12:30 <b>LES MILLS BODYBALANCE</b>	12:00~12:30 <b>GRIT   CARDIO</b>	12:00~12:30 <b>LES MILLS BODYATTACK</b>	12:00~12:30 <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>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>GRIT   CARDIO</b>	14:00~14:30 <b>LES MILLS BODYATTACK</b>	14:00~14:30 <b>barre</b>	14:00~14:30 <b>LES MILLS SH'BAM</b>	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>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>	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>	14:00~14:30 <b>LES MILLS BODYBALANCE</b>
16:00	16:00~16:30 <b>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>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>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>	18:00~18:30 <b>LES MILLS BODYBALANCE</b>	18:00~18:30 <b>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>	19:00~19:30 <b>LES MILLS BODYCOMBAT</b>	19:00~19:30 <b>LES MILLS BODYBALANCE</b>	19:00~19:30 <b>GRIT   CARDIO</b>	19:00~19:30 <b>LES MILLS BODYATTACK</b>	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>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>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>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>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>GRIT   CARDIO</b>	23:00~23:30 <b>LES MILLS BODYATTACK</b>

