FIT-AERO

岡谷店レッスンスケジュール

	月	火	水	木	金	土	日
9:00	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYATTACK	LesMills DANCE	LesMills GRIT CARDIO	LesMills BODYCOMBAT	LesMills GRIT STRENGTH
9:30							
10:00	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills DANCE	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills DANCE
10:30							
11:00	LesMills BODYATTACK	LesMills GRIT STRENGTH	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills GRIT CARDIO
11:30							
12:00	LesMills DANCE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills BODYPUMP
12:30							
13:00	LesMills GRIT CARDIO	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYATTACK	LesMills GRIT CARDIO	LesMills BODYCOMBAT
13:30							
14:00	LesMills BODYCOMBAT	LesMills GRIT CARDIO	LesMills BODYPUMP	LesMills DANCE	LesMills BODYPUMP	LesMills BODYBALANCE	LesMills BODYATTACK
14:30							
15:00	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills DANCE	JIN ストレッチ 15:00~15:45
15:30							
16:00	LesMills BODYPUMP	LesMills BODYATTACK	LesMills DANCE	LesMills BODYBALANCE	LesMills GRIT CARDIO	LesMills BODYCOMBAT	LesMills BODYPUMP
16:30							
17:00	LesMills BODYATTACK	LesMills DANCE	LesMills GRIT STRENGTH	LesMills BODYCOMBAT	LesMills DANCE	LesMills BODYPUMP	LesMills DANCE
17:30							
18:00	LesMills GRIT STRENGTH	LesMills BODYCOMBAT	LesMills DANCE	LesMills GRIT CARDIO	LesMills BODYPUMP	LesMills BODYATTACK	LesMills BODYCOMBAT
18:30							
19:00	LesMills DANCE	LesMills BODYPUMP	MUTSUMI BODY PUMP 19:00〜20:00	JIN 美カラダエクササイズ 19:00~19:45	LesMills BODYCOMBAT	LesMills DANCE	LesMills GRIT STRENGTH
19:30							
20:00	LesMills BODYCOMBAT	MIYA ズンバステップ 20:00~20:30 ズンバ 20:35~21:15	MUTSUMI ヨガ 20:15〜21:00	LesMills DANCE	MUTSUMI デトックスヨガ 20:00~20:45	LesMills GRIT STRENGTH	LesMills BODYBALANCE
20:30							

☆レッスン休講の際は下記のバーチャルを行います☆

火：20時→DANCE ／ 21時→GRIT STRENGTH

水：19時→BODY BALANCE／20時→BODY COMBAT

木：19時→BODY PUMP　**日**：15時→BODY BALANCE

FIT-AERO

岡谷店レッスンスケジュール

	月	火	水	木	金	土	日
21:00	LesMills BODYBALANCE	MIYA	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills DANCE	LesMills BODYCOMBAT	LesMills DANCE
21:30							
22:00	LesMills BODYPUMP	LesMills BODYATTACK	LesMills GRIT | CARDIO	LesMills BODYPUMP	LesMills GRIT STRENGTH	LesMills BODYBALANCE	LesMills BODYPUMP
22:30							
23:00	LesMills BODYATTACK	LesMills BODYPUMP	LesMills DANCE	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYATTACK
23:30							
24:00	LesMills BODYCOMBAT	LesMills DANCE	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYATTACK	LesMills GRIT | CARDIO
24:30							
1:00	LesMills DANCE	LesMills BODYCOMBAT	LesMills BODYPUMP	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills GRIT | CARDIO	LesMills DANCE
1:30							
2:00	LesMills BODYPUMP	LesMills BODYBALANCE	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills DANCE	LesMills DANCE	LesMills BODYCOMBAT
2:30							
3:00	LesMills BODYBALANCE	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills BODYPUMP	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	LesMills BODYBALANCE
3:30							
4:00	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills DANCE	LesMills DANCE	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT STRENGTH
4:30							
5:00	LesMills BODYATTACK	LesMills DANCE	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT STRENGTH	LesMills BODYATTACK
5:30							
6:00	LesMills BODYPUMP	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYATTACK	LesMills DANCE
6:30							
7:00	LesMills DANCE	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills DANCE	LesMills BODYPUMP
7:30							
8:00	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT STRENGTH	LesMills BODYATTACK	LesMills DANCE	LesMills GRIT | CARDIO	LesMills BODYCOMBAT
8:30							