FIT-AERO 【 諏訪店レッスンスケジュール① 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00～00:30 LesMills DANCE	00:00～00:30 LesMills DANCE	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 DANCE
1:00	1:00～1:30 LesMills DANCE	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 DANCE	1:00～1:30 LesMills DANCE
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 DANCE	2:00～2:30 LesMills DANCE	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 DANCE	3:00～3:30 LesMills DANCE	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 DANCE	4:00～4:30 LesMills DANCE	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 DANCE	5:00～5:30 LesMills DANCE	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 DANCE	6:00～6:30 LesMills DANCE	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 DANCE
7:00	7:00～7:30 LesMills DANCE	7:00～7:30 LesMills BODYBALANCE	7:00～7:30 LesMills BODYBALANCE	7:00～7:30 LesMills GRIT | CARDIO	7:00～7:30 LesMills BODYATTACK	7:00～7:30 LesMills DANCE	7:00～7:30 LesMills DANCE
8:00	8:00～8:30 LesMills BODYATTACK	8:00～8:30 LesMills BODYCOMBAT	8:00～8:30 LesMills BODYCOMBAT	8:00～8:30 LesMills BODYCOMBAT	8:00～8:30 LesMills DANCE	8:00～8:30 LesMills DANCE	8:00～8:40 朝ヨガ Keiko
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 DANCE	9:00～9:30 LesMills DANCE	9:00～9:30 LesMills BODYCOMBAT	9:00～9:30 LesMills BODYBALANCE
10:00	10:30～11:30 ストレッチヨガ エアロ 山田恵里奈	10:00～10:30 LesMills BODYATTACK	10:00～10:30 LesMills DANCE	10:30～11:15 キックボクシング 山田恵里奈	10:00～10:30 LesMills BODYCOMBAT	10:00～10:30 LesMills BODYBALANCE	10:00～10:30 LesMills GRIT | CARDIO
11:00		11:00～11:30 LesMills DANCE	11:00～11:30 LesMills DANCE		11:00～11:30 LesMills BODYBALANCE	11:00～11:30 LesMills GRIT | CARDIO	11:00～11:30 LesMills BODYATTACK
12:00	12:00～12:30 LesMills DANCE	12:00～12:30 LesMills DANCE	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 DANCE

FIT-AERO 【 諏訪店レッスンスケジュール② 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 LesMills DANCE	13:00~13:30 LesMills BODYCOMBAT	13:00~13:30 LesMills BODYBALANCE	13:00~13:30 GRIT | CARDIO	13:00~13:30 LesMills BODYATTACK	13:00~13:30 LesMills DANCE	13:00~13:30 LesMills DANCE
14:00	14:00~14:30 LesMills BODYCOMBAT	14:00~14:30 LesMills BODYBALANCE	14:00~14:30 GRIT | CARDIO	14:00~14:30 LesMills BODYATTACK	14:00~14:30 LesMills DANCE	14:00~14:30 LesMills DANCE	14:00~14:30 LesMills BODYCOMBAT
15:00	15:00~15:30 LesMills BODYBALANCE	15:00~15:30 GRIT | CARDIO	15:00~15:30 LesMills BODYATTACK	15:00~15:30 LesMills DANCE	15:00~15:30 LesMills DANCE	15:00~15:30 LesMills BODYCOMBAT	15:00~15:30 LesMills BODYCOMBAT
16:00	16:00~16:30 GRIT | CARDIO	16:00~16:30 LesMills BODYATTACK	16:00~16:30 LesMills DANCE	16:00~16:30 LesMills DANCE	16:00~16:30 LesMills BODYCOMBAT	16:00~16:30 LesMills BODYBALANCE	16:00~16:30 GRIT | CARDIO
17:00	17:00~17:30 LesMills BODYATTACK	17:00~17:30 LesMills DANCE	17:00~17:30 LesMills DANCE	17:00~17:30 LesMills BODYCOMBAT	17:00~17:30 LesMills BODYBALANCE	17:00~17:45 ZUMBA MIYA	17:00~17:30 LesMills BODYATTACK
18:00	18:30~19:10 背骨コンディショニング Keiko	18:30~19:10 リラックスヨガ MIYA	18:00~18:30 LesMills BODYCOMBAT	18:00~18:30 LesMills BODYBALANCE	18:00~18:30 GRIT | CARDIO	18:00~18:30 LesMills BODYATTACK	18:00~18:30 LesMills DANCE
19:00	19:20~20:00 セロトニンヨガ Keiko		19：00～19：30 FatBurn MIYA	18：50～19：20 STRONG NATION MIYA 19：30～20：00 ZUMBAトーニング MIYA	19:00~19:45 ZUMBA MIYA	19:00~19:30 LesMills DANCE	19:00~19:30 LesMills DANCE
20:00	20:00~20:30 LesMills DANCE	20:00~20:30 LesMills BODYCOMBAT	20:00~20:30 GRIT | CARDIO	20:00~20:30 LesMills BODYATTACK	20:00~20:30 GRIT | CARDIO	20:00~20:30 LesMills DANCE	20:00~20:30 LesMills BODYCOMBAT
21:00	21:00~21:30 LesMills BODYCOMBAT	21:00~21:30 GRIT | CARDIO	21:00~21:30 LesMills BODYATTACK	21:00~21:30 LesMills BODYATTACK	21:00~21:30 LesMills DANCE	21:00~21:30 LesMills BODYCOMBAT	21:00~21:30 LesMills BODYBALANCE
22:00	22:00~22:30 GRIT | CARDIO	22:00~22:30 LesMills BODYATTACK	22:00~22:30 LesMills DANCE	22:00~22:30 LesMills DANCE	22:00~22:30 LesMills BODYCOMBAT	22:00~22:30 LesMills BODYBALANCE	22:00~22:30 GRIT | CARDIO
23:00	23:00~23:30 LesMills BODYATTACK	23:00~23:30 LesMills DANCE	23:00~23:30 LesMills DANCE	23:00~23:30 LesMills BODYCOMBAT	23:00~23:30 LesMills BODYBALANCE	23:00~23:30 GRIT | CARDIO	23:00~23:30 LesMills BODYATTACK

FIT-AERO