



	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	休講	9:00~9:45 楽体ストレッチ Aki	9:00~9:30 LesMILLS <b>SH'BAM</b>	8:45~9:30 リラックス& リフレッシュヨガ miku	9:00~9:30 朝ヨガ Motoko
10:00	10:00~10:30 LesMILLS <b>GRIT</b>   CARDIO	10:00~10:45 陰陽ヨガ Motoko	9:30~10:15 朝ヨガ Motoko	10:00~11:00 Let's JUMP Aki	休講	9:45~10:30 ベーシック フローヨガ miku	9:45~10:30 BODY BALANCE Motoko
11:00	休講	11:00~11:45 ZUMBA® YUKO	10:30~11:15 BODY BALANCE Motoko	休講	10:30~11:30 陰ヨガ Motoko	11:00~11:30 LesMILLS <b>GRIT</b>   CARDIO	11:00~11:30 LesMILLS <b>BODYATTACK</b>
12:00	11:30~12:15 バレトン Rico	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>	12:15~12:45 バレトン Rico
	12:30~13:15 ストレッチ& 体幹トレーニング						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	ストレッチ&体幹トレーニング Rico	13:00~13:30 LesMILLS BODYCOMBAT	13:00~14:00 Let's JUMP maiko	13:15~14:00 ストレッチボール ヨガ miku	休講 13:45~14:15 ワークアウト ヨガ miku	13:00~13:30 LesMILLS barre	13:00~13:45 ダンス ワークアウト Rico
14:00	14:00~14:30 LesMILLS BODYCOMBAT 14:45~15:30 バレトン MAYA	14:30~15:15 リラックス フローヨガ miku	14:45~15:30 ZUMBA® YUKO	14:15~15:00 ワークアウトヨガ miku	14:30~15:15 ベーシック フローヨガ miku	14:00~14:30 LesMILLS SH'BAM	14:00~14:30 LesMILLS BODYCOMBAT
15:00		15:30~16:15 ストレッチボール ヨガ miku		15:15~16:00 バレトン MAYA	15:30~16:15 リラックス フローヨガ miku	15:00~15:30 LesMILLS BODYCOMBAT	15:00~15:30 LesMILLS BODYBALANCE
16:00	16:00~16:30 GRIT   CARDIO		16:00~16:30 LesMILLS barre	休講		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 barre	17:00~17:30 LesMILLS SH'BAM	17:00~17:30 LesMILLS BODYCOMBAT	17:00~17:30 LesMILLS BODYBALANCE	17:15~18:00 BODY BALANCE Motoko	17:00~17:30 LesMILLS BODYATTACK
18:00	18:00~18:30 LesMILLS barre	18:00~18:30 LesMILLS SH'BAM	18:00~18:30 LesMILLS BODYCOMBAT 18:45~19:30 やさしいフローヨガ HIROMI	18:00~18:30 LesMILLS BODYBALANCE	18:00~18:30 GRIT   CARDIO	休講	18:00~18:30 LesMILLS barre
19:00	19:15~20:00 美姿勢ストレッチ JUNNA	19:15~20:00 BODYCOMBAT 伊藤優綺	19:45~20:30 アクティブフローヨガ HIROMI	休講 19:30~20:15 BODYCOMBAT 恒川	19:00~19:30 LesMILLS BODYATTACK	18:30~19:15 LesMills Shapes 伊藤優綺 19:30~20:00 BODYCOMBAT 伊藤優綺	19:00~19:30 LesMILLS SH'BAM
20:00	20:15~21:00 パワーヨガ JUNNA	20:15~21:00 SH'BAM 伊藤優綺			20:00~20:30 LesMILLS barre	20:15~20:45 LesMills DANCE 伊藤優綺	20:00~20:30 LesMILLS BODYCOMBAT
21:00	休講	休講	21:00~21:30 LesMILLS BODYATTACK	21:00~21:30 LesMILLS barre	21:00~21:30 LesMILLS SH'BAM	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 barre	22:00~22:30 LesMILLS SH'BAM	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 barre	23:00~23:30 LesMILLS SH'BAM	23:00~23:30 LesMILLS BODYCOMBAT	23:00~23:30 LesMILLS BODYBALANCE	23:00~23:30 GRIT   CARDIO	23:00~23:30 LesMILLS BODYATTACK