FIT-AERO 【 名古屋北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 barre	00:00～00:30 LesMills SH'BAM	00:00～00:30 LesMills BODYCOMBAT	00:00～00:30 LesMills BODYBALANCE	00:00～00:30 GRIT | CARDIO	00:00～00:30 LesMills BODYATTACK	00:00～00:30 barre
1:00	1:00～1:30 LesMills SH'BAM	1:00～1:30 LesMills BODYCOMBAT	1:00～1:30 LesMills BODYBALANCE	1:00～1:30 GRIT | CARDIO	1:00～1:30 LesMills BODYATTACK	1:00～1:30 barre	1:00～1:30 LesMills SH'BAM
2:00	2:00～2:30 LesMills BODYCOMBAT	2:00～2:30 LesMills BODYBALANCE	2:00～2:30 GRIT | CARDIO	2:00～2:30 LesMills BODYATTACK	2:00～2:30 barre	2:00～2:30 LesMills SH'BAM	2:00～2:30 LesMills BODYCOMBAT
3:00	3:00～3:30 LesMills BODYBALANCE	3:00～3:30 GRIT | CARDIO	3:00～3:30 LesMills BODYATTACK	3:00～3:30 barre	3:00～3:30 LesMills SH'BAM	3:00～3:30 LesMills BODYCOMBAT	3:00～3:30 LesMills BODYBALANCE
4:00	4:00～4:30 GRIT | CARDIO	4:00～4:30 LesMills BODYATTACK	4:00～4:30 barre	4:00～4:30 LesMills SH'BAM	4:00～4:30 LesMills BODYCOMBAT	4:00～4:30 LesMills BODYBALANCE	4:00～4:30 GRIT | CARDIO
5:00	5:00～5:30 LesMills BODYATTACK	5:00～5:30 barre	5:00～5:30 LesMills SH'BAM	5:00～5:30 LesMills BODYCOMBAT	5:00～5:30 LesMills BODYBALANCE	5:00～5:30 GRIT | CARDIO	5:00～5:30 LesMills BODYATTACK
6:00	6:00～6:30 barre	6:00～6:30 LesMills SH'BAM	6:00～6:30 LesMills BODYCOMBAT	6:00～6:30 LesMills BODYBALANCE	6:00～6:30 GRIT | CARDIO	6:00～6:30 LesMills BODYATTACK	6:00～6:30 barre
7:00	7:00～7:30 LesMills SH'BAM	7:00～7:30 LesMills BODYCOMBAT	7:00～7:30 LesMills BODYBALANCE	7:00～7:30 GRIT | CARDIO	7:00～7:30 LesMills BODYATTACK	7:00～7:30 barre	7:00～7:30 LesMills SH'BAM
8:00	8:00～8:30 LesMills BODYCOMBAT	8:00～8:30 LesMills BODYBALANCE	8:00～8:30 GRIT | CARDIO	8:00～8:30 LesMills BODYATTACK	8:00～8:30 barre	8:00～8:30 LesMills SH'BAM	8:00～8:30 LesMills BODYCOMBAT
9:00	9:00~9:30 LesMills BODYBALANCE	9:00~9:30 GRIT | CARDIO	9:00~9:30 LesMills BODYATTACK	9:00~9:30 barre	9:00~9:30 LesMills SH'BAM	9:00~9:30 LesMills BODYCOMBAT	9:00~9:30 LesMills BODYBALANCE
10:00	10:00~10:30 GRIT | CARDIO	10:00~10:30 LesMills BODYATTACK	10:00~10:30 barre	10:00~10:30 LesMills SH'BAM	10:00~10:30 LesMills BODYCOMBAT	10:00~10:30 LesMills BODYBALANCE	10:00~10:30 GRIT | CARDIO
11:00	10:45~11:45 美脚ヨガ みほ	10:45~11:45 体を整えるヨガ saeko	11:00~11:30 LesMills SH'BAM	11:00~11:30 LesMills BODYCOMBAT	11:00~11:30 LesMills BODYBALANCE	11:00~11:30 GRIT | CARDIO	11:00~11:30 LesMills BODYATTACK
12:00	12:00~13:00 デトックスヨガ みほ	12:00~12:30 LesMills SH'BAM	12:00~12:30 LesMills BODYCOMBAT	12:00~12:30 LesMills BODYBALANCE	12:00~13:00 骨盤調整ヨガ みほ	12:00~12:30 LesMills BODYATTACK	12:00~12:30 barre

FIT-AERO 【 名古屋北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 SH'BAM	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 barre	13:00~13:30 LesMills SH'BAM
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 barre	14:00~14:30 LesMills SH'BAM	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 barre	15:00~15:30 LesMills SH'BAM	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 BODYATTACK	15:30~16:15 ダンスクラス MARIO	16:00~16:30 LesMills SH'BAM	16:00~16:30 LesMills BODYCOMBAT	16:00~16:30 LesMills BODYBALANCE	16:00~16:30 GRIT CARDIO
17:00	17：15～18：00 第2,4週 ZUMBA AKI	17:00~17:30 barre	17:00~17:30 LesMills SH'BAM	17:00~17:30 LesMills BODYCOMBAT	17:00~17:30 LesMills BODYBALANCE	17:00~17:30 GRIT CARDIO	17:00~17:30 LesMills BODYATTACK
18:00	休講	18：30～19：15 HIIT★MAX MAKI	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 barre
19:00	19：00～19：45 第1.3.5週 ZUMBA AKI	19:45~20:30 シャカダンス AKIRA	19：00～19：45 第1.3.5週 Free Baile 第2.4週：ZUMBA MARIO	19：00～19：45 ZUMBA AKI	19:00~19:30 LesMills BODYATTACK	19:00~19:30 barre	19:00~19:30 LesMills SH'BAM
20:00	20:00~20:30 LesMills BODYCOMBAT		20:00~20:30 GRIT CARDIO	20:00~20:30 LesMills BODYATTACK	20:00~20:30 barre	20:00~20:30 LesMills SH'BAM	20:00~20:30 LesMills BODYCOMBAT
21:00	21:00~21:30 LesMills BODYBALANCE	21:00~21:30 GRIT CARDIO	21:00~21:30 LesMills BODYATTACK	21:00~21:30 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 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 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

FIT-AERO