FIT-AERO 静岡インター店レッスンスケジュール① LesMills

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0:00	0:00-00:30 LesMills DANCE ダンス	0:00-00:30 LesMills DANCE ダンス	0:00-00:30 LesMills BODYCOMBAT 格闘技	0:00-00:30 LesMills BODYBALANCE ヨガ	0:00-00:30 LesMills GRIT CARDIO H.I.I.T	0:00-00:30 LesMills BODYATTACK CARDIO	0:00-00:30 LesMills DANCE ダンス
1:00	1:00-1:30 LesMills DANCE ダンス	1:00-1:30 LesMills BODYCOMBAT 格闘技	1:00-1:30 LesMills BODYBALANCE ヨガ	1:00-1:30 LesMills GRIT CARDIO H.I.I.T	1:00-1:30 LesMills BODYATTACK CARDIO	1:00-1:30 LesMills DANCE ダンス	1:00-1:30 LesMills DANCE ダンス
2:00	休講	休講	休講	休講	休講	休講	休講
3:00	3:00-3:30 LesMills BODYBALANCE ヨガ	3:00-3:30 LesMills GRIT CARDIO H.I.I.T	3:00-3:30 LesMills BODYATTACK CARDIO	3:00-3:30 LesMills DANCE ダンス	3:00-3:30 LesMills DANCE ダンス	3:00-3:30 LesMills BODYCOMBAT 格闘技	3:00-3:30 LesMills BODYBALANCE ヨガ
4:00	4:00-4:30 LesMills GRIT CARDIO H.I.I.T	4:00-4:30 LesMills BODYATTACK CARDIO	4:00-4:30 LesMills DANCE ダンス	4:00-4:30 LesMills DANCE ダンス	4:00-4:30 LesMills BODYCOMBAT 格闘技	4:00-4:30 LesMills BODYBALANCE ヨガ	4:00-4:30 LesMills GRIT CARDIO H.I.I.T
5:00	休講	休講	休講	休講	休講	休講	休講
6:00	6:00-6:30 LesMills DANCE ダンス	6:00-6:30 LesMills DANCE ダンス	6:00-6:30 LesMills BODYCOMBAT 格闘技	6:00-6:30 LesMills BODYBALANCE ヨガ	6:00-6:30 LesMills GRIT CARDIO H.I.I.T	6:00-6:30 LesMills BODYATTACK CARDIO	6:00-6:30 LesMills DANCE ダンス
7:00	7:00-7:30 LesMills DANCE ダンス	7:00-7:30 LesMills BODYCOMBAT 格闘技	7:00-7:30 LesMills BODYBALANCE ヨガ	7:00-7:30 LesMills GRIT CARDIO H.I.I.T	7:00-7:30 LesMills BODYATTACK CARDIO	7:00-7:30 LesMills DANCE ダンス	7:00-7:30 LesMills DANCE ダンス
8:00	8:00-8:30 LesMills BODYCOMBAT 格闘技	8:00-8:30 LesMills BODYBALANCE ヨガ	8:00-8:30 LesMills GRIT CARDIO H.I.I.T	8:00-8:30 LesMills BODYATTACK CARDIO	8:00-8:30 LesMills DANCE ダンス	8:00-8:30 LesMills DANCE ダンス	8:00-8:30 LesMills BODYCOMBAT 格闘技
9:00	休講	休講	休講	休講	休講	休講	休講
10:00	10:00-10:30 LesMills GRIT CARDIO H.I.I.T	10:00-10:30 LesMills BODYATTACK CARDIO	10:00-10:30 LesMills DANCE ダンス	10:00-10:30 LesMills DANCE ダンス	10:00-10:30 LesMills BODYCOMBAT 格闘技	10:00-10:30 LesMills BODYBALANCE ヨガ	10:00-10:30 LesMills GRIT CARDIO H.I.I.T
11:00	11:00-11:30 LesMills BODYATTACK CARDIO	11:00-11:30 LesMills DANCE ダンス	11:00-11:30 LesMills DANCE ダンス	11:00-11:30 LesMills BODYCOMBAT 格闘技	11:30〜12:30 BODY JAM 杉山美紀	11:00〜12:00 BODY ATTACK AYUKA	11:00-11:30 LesMills BODYATTACK CARDIO

FIT-AERO 静岡インター店レッスンスケジュール② LesMills

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00	12:00-12:30 LesMills DANCE ダンス	12:00-12:30 LesMills DANCE ダンス	12:00-12:30 LesMills BODYCOMBAT 格闘技	12:30~13:30 Lesmills Dance 杉山美紀	11:30~12:30 BODY JAM 杉山美紀	休講	12:00-12:30 LesMills DANCE ダンス
13:00	13:30~14:15 ZUMBA MIYUKI	13:00-13:30 LesMills BODYCOMBAT 格闘技	13:00~13:45 Fitness Belly KURUMI		13:00~13:45 Fitness Belly KURUMI	13:00~13:45 THE TRIP (第2,4週) AYUKA	13:00-13:30 LesMills DANCE ダンス
14:00		14:00-14:30 LesMills BODYBALANCE ヨガ	14:00~14:45 ZUMBA KURUMI	14:00-14:30 LesMills BODYATTACK CARDIO	14:00~14:45 ZUMBA KURUMI	14:30~15:30 Basic yoga (第2,4週) ERINA	14:00-14:30 LesMills BODYCOMBAT 格闘技
15:00	15:00-15:30 LesMills BODYBALANCE ヨガ	15:00-15:30 LesMills GRIT CARDIO H.I.I.T	15:00-15:30 LesMills BODYATTACK CARDIO	15:15~16:00 お身体整え フローヨガ 篠田	15:00-15:30 LesMills DANCE ダンス		15:00-15:30 LesMills BODYBALANCE ヨガ
16:00	16:00-16:30 LesMills GRIT CARDIO H.I.I.T	16:00-16:30 LesMills BODYATTACK CARDIO	16:00-16:30 LesMills DANCE ダンス	16:15~17:00 パワーフロー ヨガ 篠田	16:00-16:30 LesMills BODYCOMBAT 格闘技	16:00-16:30 LesMills BODYBALANCE ヨガ	16:00-16:30 LesMills GRIT CARDIO H.I.I.T
17:00	休講	休講	休講		休講	休講	休講
18:00	18:00-18:30 LesMills DANCE ダンス	18:00-18:30 LesMills DANCE ダンス	18:00-18:30 LesMills BODYCOMBAT 格闘技	18:00-18:30 LesMills BODYBALANCE ヨガ	18:00-18:30 LesMills GRIT CARDIO H.I.I.T	18:00-18:30 LesMills BODYATTACK CARDIO	18:00-18:30 LesMills DANCE ダンス
19:00	19:00-19:30 LesMills DANCE ダンス	19:00~19:45 BODY COMBAT AYUKA	19:00~19:45 Lesmills Dance 杉山美紀	19:00-19:30 LesMills GRIT CARDIO H.I.I.T	19:00-19:30 LesMills BODYATTACK CARDIO	19:00-19:30 LesMills DANCE ダンス	19:00-19:30 LesMills DANCE ダンス
20:00	20:00~20:45 Feeling yoga ERINA	20:00~20:45 LESMILLS DANCE AYUKA	20:15~21：00 BODY JAM 杉山美紀	20:00-20:30 LesMills BODYATTACK CARDIO	20:00-20:30 LesMills DANCE ダンス	20:00-20:30 LesMills DANCE ダンス	20:00-20:30 LesMills BODYCOMBAT 格闘技
21:00	休講	21:10~22:00 THE TRIP AYUKA	休講	休講	休講	休講	休講
22:00	22:00-22:30 LesMills GRIT CARDIO H.I.I.T	休講	22:00-22:30 LesMills DANCE ダンス	休講	22:00-22:30 LesMills BODYCOMBAT 格闘技	22:00-22:30 LesMills BODYBALANCE ヨガ	22:00-22:30 LesMills GRIT CARDIO H.I.I.T
23:00	23:00-23:30 LesMills BODYATTACK CARDIO	23:00-23:30 LesMills DANCE ダンス	23:00-23:30 LesMills DANCE ダンス	23:00-23:30 LesMills BODYCOMBAT 格闘技	23:00-23:30 LesMills BODYBALANCE ヨガ	23:00-23:30 LesMills GRIT CARDIO H.I.I.T	23:00-23:30 LesMills BODYATTACK CARDIO

最終更新日:2025/3/3

FIT-RIDE 静岡インター店レッスンスケジュール①

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0:30	0:30-1:00 LesMills RPM	0:30-1:00 LesMills sprint	0:30-1:00 LesMills RPM	0:30-1:00 LesMills sprint	0:30-1:00 LesMills RPM	0:30-1:00 LesMills sprint	0:30-1:00 LesMills RPM
1:30	1:30-2:15 LesMills THE TRIP	1:30-2:15 LesMills THE TRIP	1:30-2:15 LesMills THE TRIP	1:30-2:15 LesMills THE TRIP	1:30-2:15 LesMills THE TRIP	1:30-2:15 LesMills THE TRIP	1:30-2:15 LesMills THE TRIP
2:30	2:30-3:00 LesMills sprint	2:30-3:00 LesMills RPM	2:30-3:00 LesMills sprint	2:30-3:00 LesMills RPM	2:30-3:00 LesMills sprint	2:30-3:00 LesMills RPM	2:30-3:00 LesMills sprint
3:30	3:30-4:00 LesMills RPM	3:30-4:00 LesMills sprint	3:30-4:00 LesMills RPM	3:30-4:00 LesMills sprint	3:30-4:00 LesMills RPM	3:30-4:00 LesMills sprint	3:30-4:00 LesMills RPM
4:30	4:30-5:15 LesMills THE TRIP	4:30-5:15 LesMills THE TRIP	4:30-5:15 LesMills THE TRIP	4:30-5:15 LesMills THE TRIP	4:30-5:15 LesMills THE TRIP	4:30-5:15 LesMills THE TRIP	4:30-5:15 LesMills THE TRIP
5:30	5:30-6:00 LesMills sprint	5:30-6:00 LesMills RPM	5:30-6:00 LesMills sprint	5:30-6:00 LesMills RPM	5:30-6:00 LesMills sprint	5:30-6:00 LesMills RPM	5:30-6:00 LesMills sprint
6:30	6:30-7:00 LesMills RPM	6:30-7:00 LesMills sprint	6:30-7:00 LesMills RPM	6:30-7:00 LesMills sprint	6:30-7:00 LesMills RPM	6:30-7:00 LesMills sprint	6:30-7:00 LesMills RPM
7:30	7:30-8:00 LesMills sprint	7:30-8:00 LesMills RPM	7:30-8:00 LesMills sprint	7:30-8:00 LesMills RPM	7:30-8:00 LesMills sprint	7:30-8:00 LesMills RPM	7:30-8:00 LesMills sprint
8:30	8:30-9:15 LesMills THE TRIP	8:30-9:15 LesMills THE TRIP	8:30-9:15 LesMills THE TRIP	8:30-9:15 LesMills THE TRIP	8:30-9:15 LesMills THE TRIP	8:30-9:15 LesMills THE TRIP	8:30-9:15 LesMills THE TRIP
9:30	9:30-10:00 LesMills RPM	9:30-10:00 LesMills sprint	9:30-10:00 LesMills RPM	9:30-10:00 LesMills sprint	9:30-10:00 LesMills RPM	9:30-10:00 LesMills sprint	9:30-10:00 LesMills RPM
10:30	10:30-11:00 LesMills sprint	10:30-11:00 LesMills RPM	10:30-11:00 LesMills sprint	10:30-11:00 LesMills RPM	10:30-11:00 LesMills sprint	休講	10:30-11:00 LesMills sprint
11:30	11:30-12:00 LesMills RPM	11:30-12:00 LesMills sprint	11:30-12:00 LesMills RPM	11:30-12:00 LesMills sprint	休講	休講	11:30-12:00 LesMills RPM

FIT-RIDE 静岡インター店レッスンスケジュール②

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30	12:30-13:00 LesMills sprint	休講	休講	休講	休講	休講	12:30-13:00 LesMills sprint
13:30	13:30-14:00 LesMills RPM	13:30-14:00 LesMills sprint	休講	13:30-14:00 LesMills sprint	休講	休講	13:30-14:00 LesMills RPM
14:30	14:30-15:00 LesMills sprint	14:30-15:00 LesMills RPM	休講	14:30-15:00 LesMills RPM	休講	休講	14:30-15:00 LesMills sprint
15:30	15:30-16:00 LesMills RPM	15:30-16:00 LesMills sprint	15:30-16:00 LesMills RPM	休講	15:30-16:00 LesMills RPM	15:30-16:00 LesMills sprint	15:30-16:00 LesMills RPM
16:30	16:30-17:15 LesMills THE TRIP	16:30-17:15 LesMills THE TRIP	16:30-17:15 LesMills THE TRIP	休講	16:30-17:15 LesMills THE TRIP	16:30-17:15 LesMills THE TRIP	16:30-17:15 LesMills THE TRIP
17:30	17:30-18:00 LesMills sprint	17:30-18:00 LesMills RPM	17:30-18:00 LesMills sprint	17:30-18:00 LesMills RPM	17:30-18:00 LesMills sprint	17:30-18:00 LesMills RPM	17:30-18:00 LesMills sprint
18:30	18:30-19:00 LesMills RPM	休講	休講	休講	18:30-19:00 LesMills RPM	18:30-19:00 LesMills sprint	18:30-19:00 LesMills RPM
19:30	19:30-20:00 LesMills sprint	休講	休講	休講	19:30-20:00 LesMills sprint	19:30-20:00 LesMills RPM	19:30-20:00 LesMills sprint
20:30	20:30-21:15 LesMills THE TRIP	休講	休講	20:30-21:00 LesMills THE TRIP	20:30-21:15 LesMills THE TRIP	20:30-21:15 LesMills THE TRIP	20:30-21:15 LesMills THE TRIP
21:30	21:30-22:00 LesMills RPM	休講	21:30-22:00 LesMills RPM	21:30-22:00 LesMills sprint	21:30-22:00 LesMills RPM	21:30-22:00 LesMills sprint	21:30-22:00 LesMills RPM
22:30	22:30-23:00 LesMills sprint	22:30-23:00 LesMills RPM	22:30-23:00 LesMills sprint	22:30-23:00 LesMills RPM	22:30-23:00 LesMills sprint	22:30-23:00 LesMills RPM	22:30-23:00 LesMills sprint
23:30	23:30-24:00 LesMills RPM	23:30-24:00 LesMills sprint	23:30-24:00 LesMills RPM	23:30-24:00 LesMills sprint	23:30-24:00 LesMills RPM	23:30-24:00 LesMills sprint	23:30-24:00 LesMills RPM

最終更新日:2025/3/3