

FIT-AERO FIT-RIDE

【 レッスンスケジュール 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 LesMILLS barre	00:00~00:30 LES MILLS SH'BAM	00:00~00:30 LES MILLS BODYCOMBAT	00:00~00:30 LES MILLS BODYBALANCE	00:00~00:30 GRIT CARDIO	00:00~00:30 LES MILLS BODYATTACK	00:00~00:30 LesMILLS barre
0:30	00:30~01:00 LesMILLS RPM	00:30~01:00 LesMILLS sprint	00:30~01:00 LesMILLS RPM	00:30~01:00 LesMILLS sprint	00:30~01:00 LesMILLS RPM	00:30~01:00 LesMILLS sprint	00:30~01:00 LesMILLS RPM
1:00	1:00~1:30 LES MILLS SH'BAM	1:00~1:30 LES MILLS BODYCOMBAT	1:00~1:30 LES MILLS BODYBALANCE	1:00~1:30 GRIT CARDIO	1:00~1:30 LES MILLS BODYATTACK	1:00~1:30 LesMILLS barre	1:00~1:30 LES MILLS SH'BAM
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
2:00	休講	休講	休講	休講	休講	休講	休講
2:30	2:30~3:00 LesMILLS sprint	2:30~3:00 LES MILLS RPM	2:30~3:00 LesMILLS sprint	2:30~3:00 LES MILLS RPM	2:30~3:00 LesMILLS sprint	2:30~3:00 LES MILLS RPM	2:30~3:00 LesMILLS sprint
3:00	03:00~03:30 LES MILLS BODYBALANCE	03:00~03:30 GRIT CARDIO	03:00~03:30 LES MILLS BODYATTACK	03:00~03:30 LesMILLS barre	03:00~03:30 LES MILLS SH'BAM	03:00~03:30 LES MILLS BODYCOMBAT	03:00~03:30 LES MILLS BODYBALANCE
3:30	3:30~4:00 LES MILLS RPM	3:30~4:00 LesMILLS sprint	3:30~4:00 LES MILLS RPM	3:30~4:00 LesMILLS sprint	3:30~4:00 LES MILLS RPM	3:30~4:00 LesMILLS sprint	3:30~4:00 LES MILLS RPM
4:00	4:00~4:30 GRIT CARDIO	4:00~4:30 LES MILLS BODYATTACK	4:00~4:30 LesMILLS barre	4:00~4:30 LES MILLS SH'BAM	4:00~4:30 LES MILLS BODYCOMBAT	4:00~4:30 LES MILLS BODYBALANCE	4:00~4:30 GRIT CARDIO
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
5:00	休講	休講	休講	休講	休講	休講	休講
5:30	5:30~6:00 LesMILLS sprint	5:30~6:00 LES MILLS RPM	5:30~6:00 LesMILLS sprint	5:30~6:00 LES MILLS RPM	5:30~6:00 LesMILLS sprint	5:30~6:00 LES MILLS RPM	5:30~6:00 LesMILLS sprint
6:00	6:00~6:30 LesMILLS barre	6:00~6:30 LES MILLS SH'BAM	6:00~6:30 LES MILLS BODYCOMBAT	6:00~6:30 LES MILLS BODYBALANCE	6:00~6:30 GRIT CARDIO	6:00~6:30 LES MILLS BODYATTACK	6:00~6:30 LesMILLS barre

FIT-AERO



FIT-RIDE



【 レッスンスケジュール② 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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
7:00	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
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
8:00	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
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
9:00	休講	休講	休講	休講	休講	休講	休講
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
10:00	10:00~10:30 GRIT CARDIO	10:00~10:30 休講	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
10:30	10:30~11:00 LesMILLS sprint	10:45~11:30 ビギナーヨガ Ryo	10:30~11:00 LesMILLS sprint	10:30~11:00 LesMILLS RPM	10:30~11:00 LesMILLS sprint	10:30~11:00 休講	10:30~11:00 LesMILLS sprint
11:00	11:00~11:30 LesMILLS BODYATTACK		11:00~11:30 LesMILLS SH'BAM	11:00~11:30 LesMILLS BODYCOMBAT	11:00~11:30 LesMILLS BODYBALANCE	11:00~12:00 BODY ATTACK	11:00~11:30 LesMILLS BODYATTACK
11:30	11:30~12:00 LesMILLS RPM		11:30~12:00 LesMILLS RPM	11:30~12:00 LesMILLS sprint	11:30~12:00 LesMILLS RPM	AYUKA	11:30~12:00 LesMILLS RPM

[FIT-EASY]
ALL TIME FITNESS GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00	12:00~12:30 LesMILLS barre	12:00~12:30 LesMILLS SH'BAM	12:00~12:30 LesMILLS BODYCOMBAT	12:00~12:30 休講	12:00~12:30 GRIT CARDIO	12:00~12:30 休講	12:00~12:30 LesMILLS BODYATTACK
12:30	12:30~13:00 LesMILLS sprint	12:30~13:00 休講	12:30~13:00 LesMILLS sprint	12:30~13:30 Lesmills Dance (第1,2週) BODY JAM (第3,4,5週) 杉山美紀	12:30~13:00 休講	12:30~13:00 休講	12:30~13:00 LesMILLS sprint
13:00	13:00~13:30 休講	13:00~13:45 Let's Jump MIDORI	13:00~13:30 LesMILLS BODYBALANCE	13:30~14:00 休講	13:00~13:45 Let's Dance Ryo	13:00~13:45 第2,4週 THE TRIP AYUKA	13:00~13:30 LesMILLS SH'BAM
13:30	13:30~14:15 ZUMBA MIYUKI		13:30~14:00 LesMILLS RPM			休講	13:30~14:00 LesMILLS RPM
14:00	休講	14:00~14:30 休講	14:00~14:30 GRIT CARDIO	14:00~15:00 リリースヨガ (第1,3,5週) Let's Jump (第2,4週) MIDORI	14:00~14:30 休講	14:00~14:30 休講	14:00~14:30 LesMILLS BODYCOMBAT
14:30	14:30~15:00 LesMILLS sprint	14:30~15:00 LesMILLS RPM	14:30~15:00 LesMILLS sprint		14:30~15:00 LesMILLS sprint	14:30~15:30 Basic yoga ERINA	14:30~15:00 LesMILLS sprint
15:00	15:00~15:30 LesMILLS BODYBALANCE	15:00~15:30 GRIT CARDIO	15:00~15:30 LesMILLS barre	15:00~15:30 休講	15:00~15:30 LesMILLS SH'BAM		15:00~15:30 LesMILLS SH'BAM
15:30	15:30~16:00 LesMILLS RPM	15:30~16:00 LesMILLS sprint	15:30~16:00 LesMILLS RPM	15:30~16:00 LesMILLS sprint	15:30~16:00 休講	15:30~16:00 休講	15:30~16:00 LesMILLS RPM
16:00	16:00~16:30 GRIT CARDIO	16:00~16:30 LesMILLS BODYATTACK	16:00~16:30 LesMILLS barre	16:00~16:30 LesMILLS SH'BAM	16:00~16:30 LesMILLS BODYCOMBAT	16:00~16:30 LesMILLS BODYBALANCE	16:00~16:30 LesMILLS BODYATTACK
16:30	16:30~17:15 LesMILLS THE TRIP	16:30~17:15 LesMILLS THE TRIP	16:30~17:15 LesMILLS THE TRIP	16:30~17:15 LesMILLS THE TRIP	16:30~17:15 LesMILLS THE TRIP	16:30~17:15 LesMILLS THE TRIP	16:30~17:15 LesMILLS THE TRIP
17:00	休講	休講	休講	休講	休講	休講	休講
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
18:00	18:00~18:30 LesMILLS barre	18:00~18:30 LesMILLS SH'BAM	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 barre

FIT-AERO



FIT-RIDE



【 レッスンスケジュール④ 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30	18:30~19:00 休講	18:30~19:00 休講	18:30~19:00 休講	18:30~19:00 休講	18:30~19:00 LesMILLS RPM	18:30~19:00 LesMILLS sprint	18:30~19:00 LesMILLS RPM
19:00	19:00~19:45 Slow Move Yoga	19:00~19:45 BODYCOMBAT	19:00~19:45 Basic yoga	19:00~19:45 ハウスダンス ステップ(初級)	19:00~19:30 LesMILLS BODYATTACK	19:00~19:30 barre	19:00~19:30 LesMILLS SH'BAM
19:30	ERINA	AYUKA	ERINA	kj	19:30~20:00 LesMILLS sprint	19:30~20:00 LesMILLS RPM	19:30~20:00 LesMILLS sprint
20:00	20:00~20:45 Feeling yoga	20:00~20:30 SH'BAM AYUKA	20:00~20:45 Moving yoga	20:00~20:45 ハウスダンス ステップ(初級)	20:00~20:30 barre	20:00~20:30 LesMILLS SH'BAM	20:00~20:30 LesMILLS BODYCOMBAT
20:30	ERINA	20:30~21:00 休講	ERINA	kj	20:30~21:15 LesMILLS THE TRIP	20:30~21:15 LesMILLS THE TRIP	20:30~21:15 LesMILLS THE TRIP
21:00	休講	21:00~21:45 THE TRIP AYUKA	休講	21:00~21:45 Let's Jump	休講	休講	休講
21:30	21:30~22:00 LesMILLS RPM	休講	21:30~22:00 LesMILLS RPM	MIDORI	21:30~22:00 LesMILLS RPM	21:30~22:00 LesMILLS sprint	21:30~22:00 LesMILLS RPM
22:00	22:00~22:30 GRIT CARDIO	22:00~22:30 LesMILLS BODYATTACK	22:00~22:30 barre	22:00~22:30 休講	22:00~22:30 LesMILLS BODYCOMBAT	22:00~22:30 LesMILLS BODYBALANCE	22:00~22:30 GRIT CARDIO
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
23:00	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
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