

FIT-AERO 【焼津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 LES MILLS 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 LES MILLS GRIT CARDIO	00:00~00:30 LES MILLS BODYATTACK	00:00~00:30 LES MILLS barre
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 LES MILLS GRIT CARDIO	1:00~1:30 LES MILLS BODYATTACK	1:00~1:30 LES MILLS barre	1:00~1:30 LES MILLS SH'BAM
2:00	2:00~2:30 LES MILLS BODYCOMBAT	2:00~2:30 LES MILLS BODYBALANCE	2:00~2:30 LES MILLS GRIT CARDIO	2:00~2:30 LES MILLS BODYATTACK	2:00~2:30 LES MILLS barre	2:00~2:30 LES MILLS SH'BAM	2:00~2:30 LES MILLS BODYCOMBAT
3:00	3:00~3:30 LES MILLS BODYBALANCE	3:00~3:30 LES MILLS GRIT CARDIO	3:00~3:30 LES MILLS BODYATTACK	3:00~3:30 LES MILLS barre	3:00~3:30 LES MILLS SH'BAM	3:00~3:30 LES MILLS BODYCOMBAT	3:00~3:30 LES MILLS BODYBALANCE
4:00	4:00~4:30 LES MILLS GRIT CARDIO	4:00~4:30 LES MILLS BODYATTACK	4:00~4:30 LES MILLS 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 LES MILLS GRIT CARDIO
5:00	5:00~5:30 LES MILLS BODYATTACK	5:00~5:30 LES MILLS barre	5:00~5:30 LES MILLS SH'BAM	5:00~5:30 LES MILLS BODYCOMBAT	5:00~5:30 LES MILLS BODYBALANCE	5:00~5:30 LES MILLS GRIT CARDIO	5:00~5:30 LES MILLS BODYATTACK
6:00	6:00~6:30 LES MILLS 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 LES MILLS GRIT CARDIO	6:00~6:30 LES MILLS BODYATTACK	6:00~6:30 LES MILLS barre
7:00	7:00~7:30 LES MILLS SH'BAM	7:00~7:30 LES MILLS BODYCOMBAT	7:00~7:30 LES MILLS BODYBALANCE	7:00~7:30 LES MILLS GRIT CARDIO	7:00~7:30 LES MILLS BODYATTACK	7:00~7:30 LES MILLS barre	7:00~7:30 LES MILLS SH'BAM
8:00	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS BODYBALANCE	8:00~8:30 LES MILLS GRIT CARDIO	8:00~8:30 LES MILLS BODYATTACK	8:00~8:30 LES MILLS barre	8:00~8:30 LES MILLS SH'BAM	8:00~8:30 LES MILLS BODYCOMBAT
9:00	9:00~9:30 LES MILLS BODYBALANCE	9:00~9:30 LES MILLS GRIT CARDIO	9:00~9:30 LES MILLS BODYATTACK	9:00~9:30 LES MILLS barre	9:00~9:30 LES MILLS SH'BAM	9:00~9:30 LES MILLS BODYCOMBAT	9:00~9:30 LES MILLS BODYBALANCE
10:00	10:00~10:30 LES MILLS GRIT CARDIO	10:00~10:30 LES MILLS BODYATTACK	10:00~10:30 LES MILLS SH'BAM	10:00~10:30 LES MILLS SH'BAM	10:00~10:30 LES MILLS BODYCOMBAT	10:00~10:30 LES MILLS BODYBALANCE	10:00~10:30 LES MILLS GRIT CARDIO
11:00	10:45~11:30 BASIC YOGA TOMOMI	11:00~11:30 LES MILLS SH'BAM	10:45~11:30 ZUMBA MIYUKI	10:45~11:30 ディスコ フィットネス MIYUKI	11:00~11:30 LES MILLS BODYBALANCE	11:00~11:30 LES MILLS GRIT CARDIO	11:00~11:30 LES MILLS BODYATTACK
				11:45~12:30 ストレッチ ポール YUKI			
12:00	12:00~12:30 LES MILLS barre	12:00~12:30 LES MILLS GRIT CARDIO	12:00~12:30 LES MILLS BODYCOMBAT		12:00~12:30 LES MILLS BODYATTACK	12:00~13:00 Basic yoga ERINA	12:00~12:30 LES MILLS BODYCOMBAT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 LES MILLS SH'BAM	13:00~13:45 ZUMBA MIYUKI	13:00~13:30 LES MILLS BODYBALANCE	12:45~13:30 脂肪燃焼 エアロ YUKI	13:00~13:45 SH'BAM AYUKA	休講	13:00~13:30 LES MILLS SH'BAM
14:00	14:00~14:30 LES MILLS BODYCOMBAT	14:00~14:30 LES MILLS BODYBALANCE	14:00~14:30 LES MILLS GRIT CARDIO	14:00~14:30 LES MILLS BODYBALANCE	14:00~14:30 barre	14:00~14:45 BODYCOMBAT ※第1,3,5週 AYUKA	14:00~14:30 LES MILLS BODYCOMBAT
15:00	15:00~15:30 LES MILLS BODYBALANCE	15:00~15:30 LES MILLS SH'BAM	15:00~15:30 LES MILLS BODYATTACK	15:00~15:30 barre	15:00~15:30 LES MILLS SH'BAM	15:00~15:30 SH'BAM ※第1,3,5週 AYUKA	15:00~15:30 LES MILLS BODYBALANCE
16:00	16:00~16:30 barre	16:00~16:30 LES MILLS BODYATTACK	16:00~16:30 barre	16:00~16:30 LES MILLS SH'BAM	16:00~16:30 LES MILLS BODYCOMBAT	16:00~16:30 LES MILLS BODYBALANCE	16:00~16:30 LES MILLS BODYATTACK
17:00	17:00~17:30 LES MILLS BODYATTACK	17:00~17:30 barre	17:00~17:30 LES MILLS SH'BAM	17:00~17:30 LES MILLS BODYCOMBAT	17:00~17:30 LES MILLS BODYBALANCE	17:00~17:30 LES MILLS GRIT CARDIO	17:00~17:30 LES MILLS GRIT CARDIO
18:00	18:00~18:30 LES MILLS GRIT CARDIO	18:00~18:30 LES MILLS SH'BAM	18:00~18:30 LES MILLS BODYCOMBAT	18:00~18:30 LES MILLS BODYATTACK	18:00~18:30 LES MILLS GRIT CARDIO	18:00~18:30 LES MILLS BODYATTACK	18:00~18:30 barre
19:00	19:00~20:00 ボディメイク ビューティ ヨガ AI	19:00~20:00 ボディメイク ビューティ ヨガ AI	19:00~19:30 LES MILLS BODYBALANCE	19:00~20:00 リフレッシュ ヨガ Anzu	19:00~19:30 LES MILLS BODYATTACK	19:00~19:30 barre	19:00~19:30 LES MILLS SH'BAM
20:00	休講	休講	20:00~20:30 LES MILLS GRIT CARDIO	20:15~21:15 リラックス ヨガ Anzu	20:00~20:30 barre	20:00~20:30 LES MILLS SH'BAM	20:00~20:30 LES MILLS BODYCOMBAT
21:00	21:00~21:30 LES MILLS BODYBALANCE	21:00~21:30 LES MILLS BODYCOMBAT	21:00~21:30 LES MILLS BODYATTACK		21:00~21:30 LES MILLS SH'BAM	21:00~21:30 LES MILLS BODYCOMBAT	21:00~21:30 LES MILLS BODYATTACK
22:00	22:00~22:30 LES MILLS SH'BAM	22:00~22:30 LES MILLS BODYATTACK	22:00~22:30 LES MILLS BODYBALANCE	22:00~22:30 LES MILLS SH'BAM	22:00~22:30 LES MILLS BODYCOMBAT	22:00~22:30 LES MILLS BODYATTACK	22:00~22:30 LES MILLS BODYBALANCE
23:00	23:00~23:30 LES MILLS BODYATTACK	23:00~23:30 barre	23:00~23:30 LES MILLS SH'BAM	23:00~23:30 LES MILLS BODYCOMBAT	23:00~23:30 LES MILLS BODYBALANCE	23:00~23:30 LES MILLS GRIT CARDIO	23:00~23:30 LES MILLS BODYATTACK