FIT-AERO 【 焼津店レッスンスケジュール 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00～00:30 LesMills DANCE	00:00～00:30 LesMills DANCE	00:00～00:30 LesMills BODYCOMBAT	00:00～00:30 LesMills BODYBALANCE	00:00～00:30 LesMills GRIT CARDIO	00:00～00:30 LesMills BODYATTACK	00:00～00:30 LesMills DANCE
1:00	1:00～1:30 LesMills DANCE	1:00～1:30 LesMills BODYCOMBAT	1:00～1:30 LesMills BODYBALANCE	1:00～1:30 LesMills GRIT CARDIO	1:00～1:30 LesMills BODYATTACK	1:00～1:30 LesMills DANCE	1:00～1:30 LesMills DANCE
2:00	2:00～2:30 LesMills BODYCOMBAT	2:00～2:30 LesMills BODYBALANCE	2:00～2:30 LesMills GRIT CARDIO	2:00～2:30 LesMills BODYATTACK	2:00～2:30 LesMills DANCE	2:00～2:30 LesMills DANCE	2:00～2:30 LesMills BODYCOMBAT
3:00	3:00～3:30 LesMills BODYBALANCE	3:00～3:30 LesMills GRIT CARDIO	3:00～3:30 LesMills BODYATTACK	3:00～3:30 LesMills DANCE	3:00～3:30 LesMills DANCE	3:00～3:30 LesMills BODYCOMBAT	3:00～3:30 LesMills BODYBALANCE
4:00	4:00～4:30 LesMills GRIT CARDIO	4:00～4:30 LesMills BODYATTACK	4:00～4:30 LesMills DANCE	4:00～4:30 LesMills DANCE	4:00～4:30 LesMills BODYCOMBAT	4:00～4:30 LesMills BODYBALANCE	4:00～4:30 LesMills GRIT CARDIO
5:00	5:00～5:30 LesMills BODYATTACK	5:00～5:30 LesMills DANCE	5:00～5:30 LesMills DANCE	5:00～5:30 LesMills BODYCOMBAT	5:00～5:30 LesMills BODYBALANCE	5:00～5:30 LesMills GRIT CARDIO	5:00～5:30 LesMills BODYATTAC
6:00	6:00～6:30 LesMills DANCE	6:00～6:30 LesMills DANCE	6:00～6:30 LesMills BODYCOMBAT	6:00～6:30 LesMills BODYBALANCE	6:00～6:30 LesMills GRIT CARDIO	6:00～6:30 LesMills BODYATTACK	6:00～6:30 LesMills DANCE
7:00	7:00～7:30 LesMills DANCE	7:00～7:30 LesMills BODYCOMBAT	7:00～7:30 LesMills BODYBALANCE	7:00～7:30 LesMills GRIT CARDIO	7:00～7:30 LesMills BODYATTACK	7:00～7:30 LesMills DANCE	7:00～7:30 LesMills DANCE
8:00	8:00～8:30 LesMills BODYCOMBAT	8:00～8:30 LesMills BODYBALANCE	8:00～8:30 LesMills GRIT CARDIO	8:00～8:30 LesMills BODYATTACK	8:00～8:30 LesMills DANCE	8:00～8:30 LesMills DANCE	8:00～8:30 LesMills BODYCOMBAT
9:00	9:00~9:30 LesMills BODYBALANCE	9:00~9:30 LesMills GRIT CARDIO	9:00~9:30 LesMills BODYATTACK	9:00~9:30 LesMills DANCE	9:00~9:30 LesMills DANCE	9:00~9:30 LesMills BODYCOMBAT	9:00~9:30 LesMills BODYBALANCE
10:00	10:00~10:30 LesMills GRIT CARDIO	10:00~10:30 LesMills BODYATTACK	10:00~10:30 LesMills DANCE 10：45～11：30 ZUMBA MIYUKI	10:00~10:30 LesMills DANCE 10：45～11：30 ディスコフィットネス MIYUKI	10:00~10:30 LesMills BODYCOMBAT	10：00～10：45 美姿勢ピラティス ※第2,4週 REIKA	10:00~10:30 LesMills GRIT CARDIO
11:00	11:00~11:30 LesMills BODYBALANCE	11:00~11:30 LesMills DANCE			11：00～11：45 ストレッチポール YUKI	11：00～11：45 はじめてバレエ ※第2,4週 REIKA	11:00~11:30 LesMills BODYATTAC
12:00	12:00~12:30 LesMills DANCE	12:00~12:30 LesMills GRIT CARDIO	12:00~12:30 LesMills BODYCOMBAT	12:00~12:30 LesMills BODYBALANCE	12:00~12:30 LesMills BODYATTACK	12:00~12:30 LesMills DANCE	12:00~12:30 LesMills BODYCOMBAT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 LesMills DANCE	13：00〜13：45 ZUMBA MIYUKI	13:00~13:30 LesMills BODYBALANCE	13:00~13:30 LesMills DANCE	13:00〜13:30 LesMills DANCE	13:00~13:30 LesMills BODYBALANCE	13:00~13:30 LesMills DANCE
14:00	14:00~14:30 LesMills BODYCOMBAT	14:00~14:30 LesMills BODYBALANCE	14:00~14:30 LesMills GRIT CARDIO	14:00~14:30 LesMills BODYBALANCE	14:00~14:30 LesMills DANCE	14：00〜14：45 BODYCOMBAT ※第1,3,5週 AYUKA	14:00~14:30 LesMills BODYCOMBAT
15:00	15:00~15:30 LesMills BODYBALANCE	15:00~15:30 LesMills DANCE	15:00~15:30 LesMills BODYATTACK	15:00~15:30 LesMills DANCE	15:00~15:30 LesMills GRIT CARDIO	15：00〜15：45 LESMILLS DANCE ※第1,3,5週 AYUKA	15:00~15:30 LesMills BODYBALANCE
16:00	16:00~16:30 LesMills DANCE	16:00~16:30 LesMills BODYATTACK	16:00~16:30 LesMills DANCE	16:00~16:30 LesMills DANCE	16:00~16:30 LesMills BODYCOMBAT	16:00~16:30 LesMills BODYBALANCE	16:00~16:30 LesMills BODYATTACK
17:00	17:00~17:30 LesMills BODYATTACK	17:00~17:30 LesMills DANCE	17:00~17:30 LesMills DANCE	17:00~17:30 LesMills BODYCOMBAT	17:00~17:30 LesMills BODYBALANCE	17:00~17:30 LesMills GRIT CARDIO	17:00~17:30 LesMills GRIT CARDIO
18:00	18:00~18:30 LesMills GRIT CARDIO	18:00~18:30 LesMills DANCE	18:00~18:30 LesMills BODYCOMBAT	18:00~18:30 LesMills BODYATTACK	18：00~18：50 ZUMBA MISATO	18:00~18:30 LesMills BODYATTACK	18:00~18:30 LesMills DANCE
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 LesMills BODYBALANCE	19:00~19:30 LesMills GRIT CARDIO	19：00~19：50 ボクササイズ MISATO	19:00~19:30 LesMills DANCE	19:00~19:30 LesMills DANCE
20:00	休講	休講	20:00~20:30 LesMills GRIT CARDIO	20:00~20:30 LesMills BODYATTACK	休講	20:00~20:30 LesMills DANCE	20:00~20:30 LesMills BODYCOMBAT
21:00	21:00~21:30 LesMills BODYBALANCE	21:00~21:30 LesMills BODYCOMBAT	21:00~21:30 LesMills BODYATTACK	21:00~21:30 LesMills BODYBALANCE	21:00~21:30 LesMills DANCE	21:00~21:30 LesMills BODYCOMBAT	21:00~21:30 LesMills BODYATTACK
22:00	22:00~22:30 LesMills DANCE	22:00~22:30 LesMills BODYATTACK	22:00~22:30 LesMills BODYBALANCE	22:00~22:30 LesMills DANCE	22:00~22:30 LesMills BODYCOMBAT	22:00~22:30 LesMills BODYATTACK	22:00~22:30 LesMills BODYBALANCE
23:00	23:00~23:30 LesMills BODYATTACK	23:00~23:30 LesMills DANCE	23:00~23:30 LesMills DANCE	23:00~23:30 LesMills BODYCOMBAT	23:00~23:30 LesMills BODYBALANCE	23:00~23:30 LesMills GRIT CARDIO	23:00~23:30 LesMills BODYATTACK