

グリーンモール  
中曽根店

4

MAKI MANAMI YOKO 川口  
新出 古澤 松崎 黒谷

日 月 火 水 木 金 土

	1	2 13:45~14:30 スタイルアップフィット	3 19:00~19:45 フラダンスで筋力UP!	4 18:15~19:00 ピラティス	5 13:00~13:45 整体師の調整ヨガ	6 トレーニングセミナー 11:00~ <b>予約制</b> 19:00~19:45 リラックスヨガ
7	8	9 13:45~14:30 エアロビクス	10	11 18:15~19:00 ピラティス	12 13:00~13:45 整体師の代謝上がるヨガ	13 19:00~19:45 フローヨガ
14	15	16 13:45~14:30 スタイルアップフィット	17 19:00~19:45 フラダンスで筋力UP!	18 10:30~11:30 バランスボール レッスン 18:15~19:00 ピラティス	19 13:00~13:45 整体師の骨盤リセットヨガ	20 トレーニングセミナー 13:00~ <b>予約制</b> 19:00~19:45 骨盤メイクヨガ
21	22	23 13:45~14:30 エアロビクス	24	25 18:15~19:00 ピラティス	26 13:00~13:45 整体師の調整ヨガ	27 19:00~19:45 デトックスヨガ
28	29	30 13:45~14:30 スタイルアップフィット	<b>予約制</b> マークは事前予約が必要です ★レッスンに必要なヨガマットやバランスボールなどは貸し出しております			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 <b>barre</b>	00:00~00:30 <b>LES MILLS SH'BAM</b>	00:00~00:30 <b>LES MILLS BODYCOMBAT</b>	00:00~00:30 <b>LES MILLS BODYBALANCE</b>	00:00~00:30 <b>GRIT   CARDIO</b>	00:00~00:30 <b>LES MILLS BODYATTACK</b>	00:00~00:30 <b>barre</b>
1:00	1:00~1:30 <b>LES MILLS SH'BAM</b>	1:00~1:30 <b>LES MILLS BODYCOMBAT</b>	1:00~1:30 <b>LES MILLS BODYBALANCE</b>	1:00~1:30 <b>GRIT   CARDIO</b>	1:00~1:30 <b>LES MILLS BODYATTACK</b>	1:00~1:30 <b>barre</b>	1:00~1:30 <b>LES MILLS SH'BAM</b>
2:00	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>	2:00~2:30 <b>LES MILLS BODYBALANCE</b>	2:00~2:30 <b>GRIT   CARDIO</b>	2:00~2:30 <b>LES MILLS BODYATTACK</b>	2:00~2:30 <b>barre</b>	2:00~2:30 <b>LES MILLS SH'BAM</b>	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>
3:00	3:00~3:30 <b>LES MILLS BODYBALANCE</b>	3:00~3:30 <b>GRIT   CARDIO</b>	3:00~3:30 <b>LES MILLS BODYATTACK</b>	3:00~3:30 <b>barre</b>	3:00~3:30 <b>LES MILLS SH'BAM</b>	3:00~3:30 <b>LES MILLS BODYCOMBAT</b>	3:00~3:30 <b>LES MILLS BODYBALANCE</b>
4:00	4:00~4:30 <b>GRIT   CARDIO</b>	4:00~4:30 <b>LES MILLS BODYATTACK</b>	4:00~4:30 <b>barre</b>	4:00~4:30 <b>LES MILLS SH'BAM</b>	4:00~4:30 <b>LES MILLS BODYCOMBAT</b>	4:00~4:30 <b>LES MILLS BODYBALANCE</b>	4:00~4:30 <b>GRIT   CARDIO</b>
5:00	5:00~5:30 <b>LES MILLS BODYATTACK</b>	5:00~5:30 <b>barre</b>	5:00~5:30 <b>LES MILLS SH'BAM</b>	5:00~5:30 <b>LES MILLS BODYCOMBAT</b>	5:00~5:30 <b>LES MILLS BODYBALANCE</b>	5:00~5:30 <b>GRIT   CARDIO</b>	5:00~5:30 <b>LES MILLS BODYATTACK</b>
6:00	6:00~6:30 <b>barre</b>	6:00~6:30 <b>LES MILLS SH'BAM</b>	6:00~6:30 <b>LES MILLS BODYCOMBAT</b>	6:00~6:30 <b>LES MILLS BODYBALANCE</b>	6:00~6:30 <b>GRIT   CARDIO</b>	6:00~6:30 <b>LES MILLS BODYATTACK</b>	6:00~6:30 <b>barre</b>
7:00	7:00~7:30 <b>LES MILLS SH'BAM</b>	7:00~7:30 <b>LES MILLS BODYCOMBAT</b>	7:00~7:30 <b>LES MILLS BODYBALANCE</b>	7:00~7:30 <b>GRIT   CARDIO</b>	7:00~7:30 <b>LES MILLS BODYATTACK</b>	7:00~7:30 <b>barre</b>	7:00~7:30 <b>LES MILLS SH'BAM</b>
8:00	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>	8:00~8:30 <b>LES MILLS BODYBALANCE</b>	8:00~8:30 <b>GRIT   CARDIO</b>	8:00~8:30 <b>LES MILLS BODYATTACK</b>	8:00~8:30 <b>barre</b>	8:00~8:30 <b>LES MILLS SH'BAM</b>	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>
9:00	9:00~9:30 <b>LES MILLS BODYBALANCE</b>	9:00~9:30 <b>GRIT   CARDIO</b>	9:00~9:30 <b>LES MILLS BODYATTACK</b>	9:00~9:30 <b>barre</b>	9:00~9:30 <b>LES MILLS SH'BAM</b>	9:00~9:30 <b>LES MILLS BODYCOMBAT</b>	9:00~9:30 <b>LES MILLS BODYBALANCE</b>
10:00	10:00~10:30 <b>GRIT   CARDIO</b>	10:00~10:30 <b>LES MILLS BODYATTACK</b>	10:00~10:30 <b>barre</b>	10:00~10:30 <b>LES MILLS SH'BAM</b>	10:00~10:30 <b>LES MILLS BODYCOMBAT</b>	10:00~10:30 <b>LES MILLS BODYBALANCE</b>	10:00~10:30 <b>GRIT   CARDIO</b>
11:00	11:00~11:30 <b>LES MILLS BODYATTACK</b>	11:00~11:30 <b>barre</b>	11:00~11:30 <b>LES MILLS SH'BAM</b>	11:00~11:30 <b>LES MILLS BODYCOMBAT</b>	11:00~11:30 <b>LES MILLS BODYBALANCE</b>	11:00~11:30 <b>GRIT   CARDIO</b>	11:00~11:30 <b>LES MILLS BODYATTACK</b>
12:00	12:00~12:30 <b>barre</b>	12:00~12:30 <b>LES MILLS SH'BAM</b>	12:00~12:30 <b>LES MILLS BODYCOMBAT</b>	12:00~12:30 <b>LES MILLS BODYBALANCE</b>	12:00~12:30 <b>GRIT   CARDIO</b>	12:00~12:30 <b>LES MILLS BODYATTACK</b>	12:00~12:30 <b>barre</b>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 <b>LES MILLS SH'BAM</b>	13:00~13:30 <b>LES MILLS BODYCOMBAT</b>	13:00~13:30 <b>LES MILLS BODYBALANCE</b>	13:00~13:30 <b>LES MILLS GRIT   CARDIO</b>	13:00~13:30 <b>LES MILLS BODYATTACK</b>	13:00~13:30 <b>barre</b>	13:00~13:30 <b>LES MILLS SH'BAM</b>
14:00	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>	14:00~14:30 <b>LES MILLS BODYBALANCE</b>	14:00~14:30 <b>LES MILLS GRIT   CARDIO</b>	14:00~14:30 <b>LES MILLS BODYATTACK</b>	14:00~14:30 <b>barre</b>	14:00~14:30 <b>LES MILLS SH'BAM</b>	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>
15:00	15:00~15:30 <b>LES MILLS BODYBALANCE</b>	15:00~15:30 <b>LES MILLS GRIT   CARDIO</b>	15:00~15:30 <b>LES MILLS BODYATTACK</b>	15:00~15:30 <b>barre</b>	15:00~15:30 <b>LES MILLS SH'BAM</b>	15:00~15:30 <b>LES MILLS BODYCOMBAT</b>	15:00~15:30 <b>LES MILLS BODYBALANCE</b>
16:00	16:00~16:30 <b>LES MILLS GRIT   CARDIO</b>	16:00~16:30 <b>LES MILLS BODYATTACK</b>	16:00~16:30 <b>barre</b>	16:00~16:30 <b>LES MILLS SH'BAM</b>	16:00~16:30 <b>LES MILLS BODYCOMBAT</b>	16:00~16:30 <b>LES MILLS BODYBALANCE</b>	16:00~16:30 <b>LES MILLS GRIT   CARDIO</b>
17:00	17:00~17:30 <b>LES MILLS BODYATTACK</b>	17:00~17:30 <b>barre</b>	17:00~17:30 <b>LES MILLS SH'BAM</b>	17:00~17:30 <b>LES MILLS BODYCOMBAT</b>	17:00~17:30 <b>LES MILLS BODYBALANCE</b>	17:00~17:30 <b>LES MILLS GRIT   CARDIO</b>	17:00~17:30 <b>LES MILLS BODYATTACK</b>
18:00	18:00~18:30 <b>barre</b>	18:00~18:30 <b>LES MILLS SH'BAM</b>	18:00~18:30 <b>LES MILLS BODYCOMBAT</b>	18:00~18:30 <b>LES MILLS BODYBALANCE</b>	18:00~18:30 <b>LES MILLS GRIT   CARDIO</b>	18:00~18:30 <b>LES MILLS BODYATTACK</b>	18:00~18:30 <b>barre</b>
19:00	19:00~19:30 <b>LES MILLS SH'BAM</b>	19:00~19:30 <b>LES MILLS BODYCOMBAT</b>	19:00~19:30 <b>LES MILLS BODYBALANCE</b>	19:00~19:30 <b>LES MILLS GRIT   CARDIO</b>	19:00~19:30 <b>LES MILLS BODYATTACK</b>	19:00~19:30 <b>barre</b>	19:00~19:30 <b>LES MILLS SH'BAM</b>
20:00	20:00~20:30 <b>LES MILLS BODYCOMBAT</b>	20:00~20:30 <b>LES MILLS BODYBALANCE</b>	20:00~20:30 <b>LES MILLS GRIT   CARDIO</b>	20:00~20:30 <b>LES MILLS BODYATTACK</b>	20:00~20:30 <b>barre</b>	20:00~20:30 <b>LES MILLS SH'BAM</b>	20:00~20:30 <b>LES MILLS BODYCOMBAT</b>
21:00	21:00~21:30 <b>LES MILLS BODYBALANCE</b>	21:00~21:30 <b>LES MILLS GRIT   CARDIO</b>	21:00~21:30 <b>LES MILLS BODYATTACK</b>	21:00~21:30 <b>barre</b>	21:00~21:30 <b>LES MILLS SH'BAM</b>	21:00~21:30 <b>LES MILLS BODYCOMBAT</b>	21:00~21:30 <b>LES MILLS BODYBALANCE</b>
22:00	22:00~22:30 <b>LES MILLS GRIT   CARDIO</b>	22:00~22:30 <b>LES MILLS BODYATTACK</b>	22:00~22:30 <b>barre</b>	22:00~22:30 <b>LES MILLS SH'BAM</b>	22:00~22:30 <b>LES MILLS BODYCOMBAT</b>	22:00~22:30 <b>LES MILLS BODYBALANCE</b>	22:00~22:30 <b>LES MILLS GRIT   CARDIO</b>
23:00	23:00~23:30 <b>LES MILLS BODYATTACK</b>	23:00~23:30 <b>barre</b>	23:00~23:30 <b>LES MILLS SH'BAM</b>	23:00~23:30 <b>LES MILLS BODYCOMBAT</b>	23:00~23:30 <b>LES MILLS BODYBALANCE</b>	23:00~23:30 <b>LES MILLS GRIT   CARDIO</b>	23:00~23:30 <b>LES MILLS BODYATTACK</b>

