FIT-AERO

扶桑店レッスンスケジュール

	月	火	水	木	金	土	日
9:00	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT
9:30							
10:00	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE
10:30			ライブ配信 10:45~11:30			10:40~11:40 モーニングヨガ (60分)YUI	
11:00	SH'BAM	GRIT | CARDIO		barre	BODYBALANCE		GRIT | CARDIO
11:30							
12:00	BODYCOMBAT	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre
12:30							
13:00	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE	SH'BAM
13:30							
14:00	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT
14:30							
15:00	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE
15:30							
16:00	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO
16:30							
17:00	BODYCOMBAT	barre	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre
17:30							
18:00	BODYBALANCE	ライブ配信 18:00~18:45	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE	SH'BAM
18:30							
19:00	ライブ配信 19:00~19:45	BODYCOMBAT	18:45~19:45 ヨガ(60分) YUI	ライブ配信 19:00~19:45	SH'BAM	GRIT | CARDIO	BODYCOMBAT
19:30							
20:00	20:00~20:30 ボクシングエクササイズ (30分)MAKI	BODYBALANCE	SH'BAM	GRIT | CARDIO	BODYCOMBAT	barre	BODYBALANCE
20:30							

※祝日のライブ配信は休講となります(バーチャルレッスンをお楽しみください)

FIT-AERO

扶桑店レッスンスケジュール

	月	火	水	木	金	土	日
21:00	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO
21:30							
22:00	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre
22:30							
23:00	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM
23:30							
24:00	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	barre
24:30							
1:00	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO
1:30							
2:00	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre
2:30							
3:00	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM
3:30							
4:00	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT
4:30							
5:00	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE
5:30							
6:00	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO
6:30							
7:00	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre
7:30							
8:00	LesMills BODYBALANCE	LesMills SH'BAM	LesMills GRIT | CARDIO	LesMills BODYCOMBAT	barre	LesMills BODYBALANCE	LesMills SH'BAM
8:30							