



上田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	SHYBAM	GRIT CARDIO	BODYCOMBAT
9:30							
10:00	barre	BODYBALANCE	SHYBAM	GRIT CARDIO	BODYCOMBAT	barre	
10:30			ライブ配信				10:30~11:15 朝ヨガ(45分) AZUSA
11:00	SHYBAM	GRIT CARDIO	10:45~11:30	barre	BODYBALANCE	SHYBAM	
11:30							11:30~12:15 ボディコンディショニング(45分) AZUSA
12:00	BODYCOMBAT	barre	BODYBALANCE	SHYBAM	GRIT CARDIO	BODYCOMBAT	
12:30							
13:00	BODYBALANCE	SHYBAM	GRIT CARDIO	BODYCOMBAT	barre	BODYBALANCE	SHYBAM
13:30							
14:00	GRIT CARDIO	BODYCOMBAT	barre	BODYBALANCE	SHYBAM	GRIT CARDIO	BODYCOMBAT
14:30							
15:00	barre	BODYBALANCE	SHYBAM	GRIT CARDIO	BODYCOMBAT	barre	BODYBALANCE
15:30							
16:00	SHYBAM	GRIT CARDIO	BODYCOMBAT	barre	BODYBALANCE	SHYBAM	GRIT CARDIO
16:30							
17:00	BODYCOMBAT	barre	BODYBALANCE	SHYBAM	GRIT CARDIO	BODYCOMBAT	barre
17:30							
18:00	BODYBALANCE	ライブ配信	GRIT CARDIO	BODYCOMBAT	barre	BODYBALANCE	SHYBAM
18:30		18:00~18:45					
19:00	19:00~19:50 セルフリンパ (50分)HISAYO	BODYCOMBAT	19:00~19:50 ベーシックヨガ (50分)HISAYO	ライブ配信	19:00~19:45 ボディコンディショニング (45分)AZUSA	GRIT CARDIO	BODYCOMBAT
19:30				19:00~19:45			
20:00	barre	BODYBALANCE	SHYBAM	GRIT CARDIO	20:00~20:45 リラックスヨガ(45分) AZUSA	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)



上田店レッスンスケジュール

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