

鯖江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	 SHBAM	 GRIT CARDIO	 BODYCOMBAT
9:30							
10:00	 barre	 BODYBALANCE	 SHBAM	 GRIT CARDIO	 BODYCOMBAT	 barre	 BODYBALANCE
10:30			ライブ配信				
11:00	 SHBAM	 GRIT CARDIO	10:45~11:30	 barre	 BODYBALANCE	11:00~11:50 朝ヨガ(50分) KEI	 GRIT CARDIO
11:30							
12:00	 BODYCOMBAT	 barre	 BODYBALANCE	 SHBAM	 GRIT CARDIO	 BODYCOMBAT	 barre
12:30							
13:00	 BODYBALANCE	 SHBAM	 GRIT CARDIO	 BODYCOMBAT	 barre	 BODYBALANCE	 SHBAM
13:30							
14:00	 GRIT CARDIO	 BODYCOMBAT	 barre	 BODYBALANCE	 SHBAM	14:00~14:45 ZUMBA(45分) MIKA	 BODYCOMBAT
14:30							
15:00	 barre	 BODYBALANCE	 SHBAM	 GRIT CARDIO	 BODYCOMBAT	 barre	 BODYBALANCE
15:30							
16:00	 SHBAM	 GRIT CARDIO	 BODYCOMBAT	 barre	 BODYBALANCE	 SHBAM	 GRIT CARDIO
16:30							
17:00	 BODYCOMBAT	 barre	 BODYBALANCE	 SHBAM	 GRIT CARDIO	 BODYCOMBAT	 barre
17:30							
18:00	 BODYBALANCE	ライブ配信 18:00~18:45	 GRIT CARDIO	18:00~18:50 ZUMBA(50分) KEI	 barre	 BODYBALANCE	 SHBAM
18:30							
19:00	 GRIT CARDIO	 BODYCOMBAT	 barre	ライブ配信 19:00~19:45	 SHBAM	 GRIT CARDIO	 BODYCOMBAT
19:30							
20:00	 barre	 BODYBALANCE	 SHBAM	 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)



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							