

## 四ツ葉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	 BODYBALANCE
10:30			ライブ配信				
11:00	 SHYBAM	 GRIT   CARDIO	10:45~11:30	 barre	 BODYBALANCE	 SHYBAM	 GRIT   CARDIO
11:30							
12:00	 BODYCOMBAT	 barre	 BODYBALANCE	 SHYBAM	 GRIT   CARDIO	 BODYCOMBAT	 barre
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 18:00~18:45	 GRIT   CARDIO	18:00~18:45 スタンダードヨガ(45分) MEI	 barre	 BODYBALANCE	 SHYBAM
18:30							
19:00	 GRIT   CARDIO	 BODYCOMBAT	 barre	 BODYBALANCE	19:00~19:45 ハタヨガ(45分) ERI	 GRIT   CARDIO	 BODYCOMBAT
19:30		19:40~20:25 スタンダードヨガ(45分) MEI					
20:00	 barre		 SHYBAM	 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)



# 四つ葉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							