

碧南店レッスンスケジュール

	月	火	水	木	金	土	日
9:00	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
9:30							9:45~10:30 朝ヨガ(45分) CHIKA
10:00	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	
10:30			ライブ配信 10:45~11:30				
11:00	LES MILLS BODYATTACK	LES MILLS barre		LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK
11:30							
12:00	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre
12:30							
13:00	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM
13:30							
14:00	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT
14:30							
15:00	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
15:30							
16:00	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO
16:30							
17:00	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK
17:30							
18:00	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	ライブ配信 18:00~18:45	LES MILLS BODYATTACK	LES MILLS barre
18:30							
19:00	LES MILLS SHYBAM	19:00~19:45 リラックスヨガ(45分) CHIKA	19:00~19:45 プレイキンエクササイズ(45分) KIKA	LES MILLS GRIT CARDIO	19:00~19:45 整えるヨガ(45分) CHIKA	LES MILLS barre	LES MILLS SHYBAM
19:30							
20:00	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT
20:30							
21:00	LES MILLS BODYBALANCE	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS barre	LES MILLS SHYBAM	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE

※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)

碧南店レッスンスケジュール

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