FIT-AERO

# 中川店レッスンスケジュール

| | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|---|---|---|---|---|---|---|---|
| 9:00 | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE |
| 9:30 | | | | | | | |
| 10:00 | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO |
| 10:30 | ライブ配信 10:45~11:30 | | ライブ配信 10:45~11:30 | | ライブ配信 10:45~11:30 | | |
| 11:00 | | 11:00~12:00 女性限定！ 美ボディトレーニング(60分) 増田浩一 | | 11:00~12:00 ピラティス(60分) MOKO | | LesMills GRIT \| CARDIO | LesMills BODYATTACK |
| 11:30 | | | | | | | |
| 12:00 | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre |
| 12:30 | | | | | | | |
| 13:00 | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM |
| 13:30 | | | | | | | |
| 14:00 | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT |
| 14:30 | | | | | | | |
| 15:00 | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE |
| 15:30 | | | | | | | |
| 16:00 | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO |
| 16:30 | | | | | | | |
| 17:00 | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK |
| 17:30 | | | | | | | |
| 18:00 | barre | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre |
| 18:30 | | | | | | | |
| 19:00 | LesMills SH'BAM | LesMills BODYCOMBAT | LesMills BODYBALANCE | ライブ配信 19:00~19:45 | LesMills BODYATTACK | barre | LesMills SH'BAM |
| 19:30 | | 19:30~20:30 整えるヨガ (60分)KAYO | | | | | |
| 20:00 | 20:00~21:00 リフレッシュヨガ (60分)KAYO | | LesMills GRIT \| CARDIO | LesMills BODYATTACK | barre | LesMills SH'BAM | LesMills BODYCOMBAT |
| 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

# 中川店レッスンスケジュール

| | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|---|---|---|---|---|---|---|---|
| 21:00 | | GRIT \| CARDIO | BODYATTACK | barre | SH'BAM | BODYCOMBAT | BODYBALANCE |
| 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 | | | | | | | |