

館林店レッスンスケジュール

	月	火	水	木	金	土	日
9:00							
9:30							
10:00							
10:30	ライブ配信		ライブ配信		ライブ配信		
11:00	10:45~11:30		10:45~11:30		10:45~11:30		
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00			19:00~19:45 ハタヨガ (45分) SHIORI	ライブ配信 19:00~19:45			
19:30							
20:00				19:30~20:15 コアヨガ (45分) SHIORI			
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)

館林店レッスンスケジュール

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