FIT-AERO

上田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		10:00～10:45 朝ヨガ(45分) AZUSA
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	10:00～10:50 朝の瞑想と太陽礼拝(50分) HISAYO	
11:00		barre		LesMills BODYCOMBAT			11:00～11:45 ボディコンディショニング(45分) AZUSA
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	19:00～19:50 セルフリンパ(50分) HISAYO	LesMills BODYCOMBAT	19:00～19:50 ベーシックヨガ(50分) HISAYO	ライブ配信 19:00~19:45	19:00～19:45 ボディコンディショニング(45分) AZUSA	barre	LesMills SH'BAM
19:30							
20:00	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	20:00～20:45 リラックスヨガ(45分 AZUSA	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

上田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	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE
21:30							
22:00	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO
22:30							
23:00	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK
23:30							
24:00	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre
24:30							
1:00	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM
1:30							
2:00	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT
2:30							
3:00	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE
3:30							
4:00	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO
4:30							
5:00	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK
5:30							
6:00	barre	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre
6:30							
7:00	LesMills SH'BAM	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM
7:30							
8:00	LesMills BODYCOMBAT	LesMills BODYBALANCE	LesMills GRIT | CARDIO	LesMills BODYATTACK	barre	LesMills SH'BAM	LesMills BODYCOMBAT
8:30							