

【 RIDEレッスンスケジュール① 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	9:00~9:45 <small>LES MILLS</small> THE TRIP	9:00~9:30 <small>LES MILLS</small> RPM	9:00~9:30 <small>LES MILLS</small> sprint	9:00~9:45 <small>LES MILLS</small> THE TRIP	9:00~9:30 <small>LES MILLS</small> RPM	9:00~9:30 <small>LES MILLS</small> sprint	9:00~9:45 <small>LES MILLS</small> THE TRIP
10:00	10:00~10:30 <small>LES MILLS</small> RPM	10:00~10:30 <small>LES MILLS</small> sprint	10:00~10:45 <small>LES MILLS</small> THE TRIP	10:00~10:30 <small>LES MILLS</small> RPM	10:00~10:30 <small>LES MILLS</small> sprint	10:00~10:30 <small>LES MILLS</small> THE TRIP	10:00~10:30 <small>LES MILLS</small> RPM
11:00	11:00~11:30 <small>LES MILLS</small> sprint	11:00~11:45 <small>LES MILLS</small> THE TRIP	11:00~11:30 <small>LES MILLS</small> RPM	11:00~11:30 <small>LES MILLS</small> sprint	11:00~11:45 <small>LES MILLS</small> THE TRIP	11:00~11:30 <small>LES MILLS</small> RPM	11:00~11:30 <small>LES MILLS</small> sprint
12:00	12:00~12:45 <small>LES MILLS</small> THE TRIP	12:00~12:30 <small>LES MILLS</small> RPM	12:00~12:30 <small>LES MILLS</small> sprint	12:00~12:45 <small>LES MILLS</small> THE TRIP	12:00~12:30 <small>LES MILLS</small> RPM	12:00~12:30 <small>LES MILLS</small> sprint	12:00~12:45 <small>LES MILLS</small> THE TRIP
13:00	13:00~13:30 <small>LES MILLS</small> RPM	13:00~13:30 <small>LES MILLS</small> sprint	13:00~13:45 <small>LES MILLS</small> THE TRIP	13:00~13:30 <small>LES MILLS</small> RPM	13:00~13:30 <small>LES MILLS</small> sprint	13:00~13:45 <small>LES MILLS</small> THE TRIP	13:00~13:30 <small>LES MILLS</small> RPM
14:00	14:00~14:30 <small>LES MILLS</small> sprint	14:00~14:45 <small>LES MILLS</small> THE TRIP	14:00~14:30 <small>LES MILLS</small> RPM	14:00~14:30 <small>LES MILLS</small> sprint	14:00~14:45 <small>LES MILLS</small> THE TRIP	14:00~14:30 <small>LES MILLS</small> RPM	14:00~14:30 <small>LES MILLS</small> sprint
15:00	15:00~15:45 <small>LES MILLS</small> THE TRIP	15:00~15:30 <small>LES MILLS</small> RPM	15:00~15:30 <small>LES MILLS</small> sprint	15:00~15:45 <small>LES MILLS</small> THE TRIP	15:00~15:30 <small>LES MILLS</small> RPM	15:00~15:30 <small>LES MILLS</small> sprint	15:00~15:45 <small>LES MILLS</small> THE TRIP
16:00	16:00~16:30 <small>LES MILLS</small> RPM	16:00~16:30 <small>LES MILLS</small> sprint	16:00~16:45 <small>LES MILLS</small> THE TRIP	16:00~16:30 <small>LES MILLS</small> RPM	16:00~16:30 <small>LES MILLS</small> sprint	16:00~16:45 <small>LES MILLS</small> THE TRIP	16:00~16:30 <small>LES MILLS</small> RPM
17:00	17:00~17:30 <small>LES MILLS</small> sprint	17:00~17:45 <small>LES MILLS</small> THE TRIP	17:00~17:30 <small>LES MILLS</small> RPM	17:00~17:30 <small>LES MILLS</small> sprint	17:00~17:45 <small>LES MILLS</small> THE TRIP	17:00~17:30 <small>LES MILLS</small> RPM	17:00~17:30 <small>LES MILLS</small> sprint
18:00	18:00~18:45 <small>LES MILLS</small> THE TRIP	18:00~18:30 <small>LES MILLS</small> RPM	18:00~18:30 <small>LES MILLS</small> sprint	18:00~18:45 <small>LES MILLS</small> THE TRIP	18:00~18:30 <small>LES MILLS</small> RPM	18:00~18:30 <small>LES MILLS</small> sprint	18:00~18:45 <small>LES MILLS</small> THE TRIP
19:00	19:00~19:30 <small>LES MILLS</small> RPM	19:00~19:30 <small>LES MILLS</small> sprint	19:00~19:45 <small>LES MILLS</small> THE TRIP	19:00~19:30 <small>LES MILLS</small> RPM	19:00~19:30 <small>LES MILLS</small> sprint	※第2・4週 19:15~20:00 TRIP / YURINA	19:00~19:30 <small>LES MILLS</small> RPM
20:00	20:00~20:30 <small>LES MILLS</small> sprint	20:00~20:45 <small>LES MILLS</small> THE TRIP	20:00~20:30 <small>LES MILLS</small> RPM	20:00~20:30 <small>LES MILLS</small> sprint	20:00~20:45 <small>LES MILLS</small> THE TRIP	20:00~20:30 <small>LES MILLS</small> RPM	20:00~20:30 <small>LES MILLS</small> sprint
21:00	21:00~21:45 <small>LES MILLS</small> THE TRIP	21:00~21:30 <small>LES MILLS</small> RPM	21:00~21:30 <small>LES MILLS</small> sprint	21:00~21:45 <small>LES MILLS</small> THE TRIP	21:00~21:30 <small>LES MILLS</small> RPM	21:00~21:30 <small>LES MILLS</small> sprint	21:00~21:45 <small>LES MILLS</small> THE TRIP
22:00	22:00~22:30 <small>LES MILLS</small> RPM	22:00~22:30 <small>LES MILLS</small> sprint	22:00~22:45 <small>LES MILLS</small> THE TRIP	22:00~22:30 <small>LES MILLS</small> RPM	22:00~22:30 <small>LES MILLS</small> sprint	22:00~22:45 <small>LES MILLS</small> THE TRIP	22:00~22:30 <small>LES MILLS</small> RPM
23:00	23:00~23:30 <small>LES MILLS</small> sprint	23:00~23:45 <small>LES MILLS</small> THE TRIP	23:00~23:30 <small>LES MILLS</small> RPM	23:00~23:30 <small>LES MILLS</small> sprint	23:00~23:45 <small>LES MILLS</small> THE TRIP	23:00~23:30 <small>LES MILLS</small> RPM	23:00~23:30 <small>LES MILLS</small> sprint

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	0:00~0:45 <small>LES MILLS</small> THE TRIP	0:00~0:30 <small>LES MILLS</small> RPM	0:00~0:30 <small>LES MILLS</small> sprint	0:00~0:45 <small>LES MILLS</small> THE TRIP	0:00~0:30 <small>LES MILLS</small> RPM	0:00~0:30 <small>LES MILLS</small> sprint	0:00~0:45 <small>LES MILLS</small> THE TRIP
1:00	1:00~1:30 <small>LES MILLS</small> RPM	1:00~1:30 sprint	1:00~1:45 <small>LES MILLS</small> THE TRIP	1:00~1:30 <small>LES MILLS</small> RPM	1:00~1:30 <small>LES MILLS</small> sprint	1:00~1:45 <small>LES MILLS</small> THE TRIP	1:00~1:30 <small>LES MILLS</small> RPM
2:00	2:00~2:30 sprint	2:00~2:45 <small>LES MILLS</small> THE TRIP	2:00~2:30 <small>LES MILLS</small> RPM	2:00~2:30 <small>LES MILLS</small> sprint	2:00~2:45 <small>LES MILLS</small> THE TRIP	2:00~2:30 <small>LES MILLS</small> RPM	2:00~2:30 <small>LES MILLS</small> sprint
3:00	3:00~3:45 <small>LES MILLS</small> THE TRIP	3:00~3:30 <small>LES MILLS</small> RPM	3:00~3:30 <small>LES MILLS</small> sprint	3:00~3:45 <small>LES MILLS</small> THE TRIP	3:00~3:30 <small>LES MILLS</small> RPM	3:00~3:30 <small>LES MILLS</small> sprint	3:00~3:45 <small>LES MILLS</small> THE TRIP
4:00	4:00~4:30 <small>LES MILLS</small> RPM	4:00~4:30 <small>LES MILLS</small> sprint	4:00~4:45 <small>LES MILLS</small> THE TRIP	4:00~4:30 <small>LES MILLS</small> RPM	4:00~4:30 <small>LES MILLS</small> sprint	4:00~4:45 <small>LES MILLS</small> THE TRIP	4:00~4:30 <small>LES MILLS</small> RPM
5:00	5:00~5:30 sprint	5:00~5:45 <small>LES MILLS</small> THE TRIP	5:00~5:30 <small>LES MILLS</small> RPM	5:00~5:30 <small>LES MILLS</small> sprint	5:00~5:45 <small>LES MILLS</small> THE TRIP	5:00~5:30 <small>LES MILLS</small> RPM	5:00~5:30 sprint
6:00	6:00~6:45 <small>LES MILLS</small> THE TRIP	6:00~6:30 <small>LES MILLS</small> RPM	6:00~6:30 <small>LES MILLS</small> sprint	6:00~6:45 <small>LES MILLS</small> THE TRIP	6:00~6:30 <small>LES MILLS</small> RPM	6:00~6:30 <small>LES MILLS</small> sprint	6:00~6:45 <small>LES MILLS</small> THE TRIP
7:00	7:00~7:30 <small>LES MILLS</small> RPM	7:00~7:30 sprint	7:00~7:45 <small>LES MILLS</small> THE TRIP	7:00~7:30 <small>LES MILLS</small> RPM	7:00~7:30 <small>LES MILLS</small> sprint	7:00~7:45 <small>LES MILLS</small> THE TRIP	7:00~7:30 <small>LES MILLS</small> RPM
8:00	8:00~8:30 <small>LES MILLS</small> sprint	8:00~8:45 <small>LES MILLS</small> THE TRIP	8:00~8:30 <small>LES MILLS</small> RPM	8:00~8:30 <small>LES MILLS</small> sprint	8:00~8:45 <small>LES MILLS</small> THE TRIP	8:00~8:30 <small>LES MILLS</small> RPM	8:00~8:30 sprint