FIT-AERO 【 諏訪店レッスンスケジュール① 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00～00:30 barre	00:00～00:30 LesMills SH'BAM	00:00～00:30 LesMills BODYCOMBAT	00:00～00:30 LesMills BODYBALANCE	00:00～00:30 GRIT CARDIO	00:00～00:30 LesMills BODYATTACK	00:00～00:30 barre
1:00	1:00～1:30 LesMills SH'BAM	1:00～1:30 LesMills BODYCOMBAT	1:00～1:30 LesMills BODYBALANCE	1:00～1:30 GRIT CARDIO	1:00～1:30 LesMills BODYATTACK	1:00～1:30 barre	1:00～1:30 LesMills SH'BAM
2:00	2:00～2:30 LesMills BODYCOMBAT	2:00～2:30 LesMills BODYBALANCE	2:00～2:30 GRIT CARDIO	2:00～2:30 LesMills BODYATTACK	2:00～2:30 barre	2:00～2:30 LesMills SH'BAM	2:00～2:30 LesMills BODYCOMBAT
3:00	3:00～3:30 LesMills BODYBALANCE	3:00～3:30 GRIT CARDIO	3:00～3:30 LesMills BODYATTACK	3:00～3:30 barre	3:00～3:30 LesMills SH'BAM	3:00～3:30 LesMills BODYCOMBAT	3:00～3:30 LesMills BODYBALANCE
4:00	4:00～4:30 GRIT CARDIO	4:00～4:30 LesMills BODYATTACK	4:00～4:30 barre	4:00～4:30 LesMills SH'BAM	4:00～4:30 LesMills BODYCOMBAT	4:00～4:30 LesMills BODYBALANCE	4:00～4:30 GRIT CARDIO
5:00	5:00～5:30 LesMills BODYATTACK	5:00～5:30 barre	5:00～5:30 LesMills SH'BAM	5:00～5:30 LesMills BODYCOMBAT	5:00～5:30 LesMills BODYBALANCE	5:00～5:30 GRIT CARDIO	5:00～5:30 LesMills BODYATTACK
6:00	6:00～6:30 barre	6:00～6:30 LesMills SH'BAM	6:00～6:30 LesMills BODYCOMBAT	6:00～6:30 LesMills BODYBALANCE	6:00～6:30 GRIT CARDIO	6:00～6:30 LesMills BODYATTACK	6:00～6:30 barre
7:00	7:00～7:30 LesMills SH'BAM	7:00～7:30 LesMills BODYCOMBAT	7:00～7:30 LesMills BODYBALANCE	7:00～7:30 GRIT CARDIO	7:00～7:30 LesMills BODYATTACK	7:00～7:30 barre	7:00～7:30 LesMills SH'BAM
8:00	8:00～8:30 LesMills BODYCOMBAT	8:00～8:30 LesMills BODYBALANCE	8:00～8:30 GRIT CARDIO	8:00～8:30 LesMills BODYATTACK	8:00～8:30 barre	8:00～8:30 LesMills SH'BAM	8:00～8:30 LesMills BODYCOMBAT
9:00	9:00～9:30 LesMills BODYBALANCE	9:00～9:30 GRIT CARDIO	9:00～9:30 LesMills BODYATTACK	9:00～9:30 barre	9:00～9:30 LesMills SH'BAM	9:00～9:30 LesMills BODYCOMBAT	9:00～9:30 LesMills BODYBALANCE
10:00	10:00～10:30 GRIT CARDIO	10:00～10:30 LesMills BODYATTACK	10:00～10:30 barre	10:00～10:30 LesMills SH'BAM	10:00～10:30 LesMills BODYCOMBAT	10:00～10:30 LesMills BODYBALANCE	10:00～10:30 GRIT CARDIO
11:00	11:00～11:30 LesMills BODYATTACK	11:00～11:30 barre	11:00～11:30 LesMills SH'BAM	11:00～11:30 LesMills BODYCOMBAT	11:00～11:30 LesMills BODYBALANCE	11:00～11:30 GRIT CARDIO	11:00～11:30 LesMills BODYATTACK
12:00	12:00～12:30 barre	12:00～12:30 LesMills SH'BAM	12:00～12:30 LesMills BODYCOMBAT	12:00～12:30 LesMills BODYBALANCE	12:00～12:30 GRIT CARDIO	12:00～12:30 LesMills BODYATTACK	12:00～12:30 barre

FIT-AERO 【 諏訪店レッスンスケジュール② 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 LesMills SH'BAM	13:00~13:30 LesMills BODYCOMBAT	13:00~13:30 LesMills BODYBALANCE	13:00~13:30 GRIT | CARDIO	13:00~13:30 LesMills BODYATTACK	13:00~13:30 barre	13:00~13:30 LesMills SH'BAM
14:00	14:00~14:30 LesMills BODYCOMBAT	14:00~14:30 LesMills BODYBALANCE	14:00~14:30 GRIT | CARDIO	14:00~14:30 LesMills BODYATTACK	14:00~14:30 barre	14:00~14:30 LesMills SH'BAM	14:00~14:30 LesMills BODYCOMBAT
15:00	15:00~15:30 LesMills BODYBALANCE	15:00~15:30 GRIT | CARDIO	15:00~15:30 LesMills BODYATTACK	15:00~15:30 barre	15:00~15:30 LesMills SH'BAM	15:00~15:30 LesMills BODYCOMBAT	15:00~15:30 LesMills BODYBALANCE
16:00	16:00~16:30 GRIT | CARDIO	16:00~16:30 LesMills BODYATTACK	16:00~16:30 barre	16:00~16:30 LesMills SH'BAM	16:00~16:30 LesMills BODYCOMBAT	16:00~16:30 LesMills BODYBALANCE	16:00~16:30 GRIT | CARDIO
17:00	17:00~17:30 LesMills BODYATTACK	17:00~17:30 barre	17:00~17:30 LesMills SH'BAM	17:00~17:30 LesMills BODYCOMBAT	17:00~17:30 LesMills BODYBALANCE	17:45~18:30 ZUMBA MIYA	17:00~17:30 LesMills BODYATTACK
18:00	18:00~18:30 barre	18:00~18:30 LesMills SH'BAM	18：30～19：10 背骨コンディショニング KEI	18:00~18:30 LesMills BODYBALANCE	18:30~19:15 ハタヨガ KEI		18:00~18:30 barre
19:00	19:00~19:30 LesMills SH'BAM	19:00~19:30 LesMills BODYCOMBAT	19：30～20：00 fatburn MIYA	19：00～19：30 STRONG NATION MIYA		barre	19:00~19:30 LesMills SH'BAM
20:00	20:00~20:30 LesMills BODYCOMBAT	20:00~20:30 LesMills BODYBALANCE	GRIT | CARDIO	20:00~20:30 LesMills BODYATTACK	20:00~20:30 barre	20:00~20:30 LesMills SH'BAM	20:00~20:30 LesMills BODYCOMBAT
21:00	21:00~21:30 LesMills BODYBALANCE	21:00~21:30 GRIT | CARDIO	21:00~21:30 LesMills BODYATTACK	21:00~21:30 barre	21:00~21:30 LesMills SH'BAM	21:00~21:30 LesMills BODYCOMBAT	21:00~21:30 LesMills BODYBALANCE
22:00	22:00~22:30 GRIT | CARDIO	22:00~22:30 LesMills BODYATTACK	22:00~22:30 barre	22:00~22:30 LesMills SH'BAM	22:00~22:30 LesMills BODYCOMBAT	22:00~22:30 LesMills BODYBALANCE	22:00~22:30 GRIT | CARDIO
23:00	23:00~23:30 LesMills BODYATTACK	23:00~23:30 barre	23:00~23:30 LesMills SH'BAM	23:00~23:30 LesMills BODYCOMBAT	23:00~23:30 LesMills BODYBALANCE	23:00~23:30 GRIT | CARDIO	23:00~23:30 LesMills BODYATTACK

FIT-AERO