

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 <b>barre</b>	00:00~00:30 <b>LES MILLS SH'BAM</b>	00:00~00:30 <b>LES MILLS BODYCOMBAT</b>	00:00~00:30 <b>LES MILLS BODYBALANCE</b>	00:00~00:30 <b>GRIT   CARDIO</b>	00:00~00:30 <b>LES MILLS BODYATTACK</b>	00:00~00:30 <b>barre</b>
1:00	1:00~1:30 <b>LES MILLS SH'BAM</b>	1:00~1:30 <b>LES MILLS BODYCOMBAT</b>	1:00~1:30 <b>LES MILLS BODYBALANCE</b>	1:00~1:30 <b>GRIT   CARDIO</b>	1:00~1:30 <b>LES MILLS BODYATTACK</b>	1:00~1:30 <b>barre</b>	1:00~1:30 <b>LES MILLS SH'BAM</b>
2:00	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>	2:00~2:30 <b>LES MILLS BODYBALANCE</b>	2:00~2:30 <b>GRIT   CARDIO</b>	2:00~2:30 <b>LES MILLS BODYATTACK</b>	2:00~2:30 <b>barre</b>	2:00~2:30 <b>LES MILLS SH'BAM</b>	2:00~2:30 <b>LES MILLS BODYCOMBAT</b>
3:00	3:00~3:30 <b>LES MILLS BODYBALANCE</b>	3:00~3:30 <b>GRIT   CARDIO</b>	3:00~3:30 <b>LES MILLS BODYATTACK</b>	3:00~3:30 <b>barre</b>	3:00~3:30 <b>LES MILLS SH'BAM</b>	3:00~3:30 <b>LES MILLS BODYCOMBAT</b>	3:00~3:30 <b>LES MILLS BODYBALANCE</b>
4:00	4:00~4:30 <b>GRIT   CARDIO</b>	4:00~4:30 <b>LES MILLS BODYATTACK</b>	4:00~4:30 <b>barre</b>	4:00~4:30 <b>LES MILLS SH'BAM</b>	4:00~4:30 <b>LES MILLS BODYCOMBAT</b>	4:00~4:30 <b>LES MILLS BODYBALANCE</b>	4:00~4:30 <b>GRIT   CARDIO</b>
5:00	5:00~5:30 <b>LES MILLS BODYATTACK</b>	5:00~5:30 <b>barre</b>	5:00~5:30 <b>LES MILLS SH'BAM</b>	5:00~5:30 <b>LES MILLS BODYCOMBAT</b>	5:00~5:30 <b>LES MILLS BODYBALANCE</b>	5:00~5:30 <b>GRIT   CARDIO</b>	5:00~5:30 <b>LES MILLS BODYATTACK</b>
6:00	6:00~6:30 <b>barre</b>	6:00~6:30 <b>LES MILLS SH'BAM</b>	6:00~6:30 <b>LES MILLS BODYCOMBAT</b>	6:00~6:30 <b>LES MILLS BODYBALANCE</b>	6:00~6:30 <b>GRIT   CARDIO</b>	6:00~6:30 <b>LES MILLS BODYATTACK</b>	6:00~6:30 <b>barre</b>
7:00	7:00~7:30 <b>LES MILLS SH'BAM</b>	7:00~7:30 <b>LES MILLS BODYCOMBAT</b>	7:00~7:30 <b>LES MILLS BODYBALANCE</b>	7:00~7:30 <b>GRIT   CARDIO</b>	7:00~7:30 <b>LES MILLS BODYATTACK</b>	7:00~7:30 <b>barre</b>	7:00~7:30 <b>LES MILLS SH'BAM</b>
8:00	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>	8:00~8:30 <b>LES MILLS BODYBALANCE</b>	8:00~8:30 <b>GRIT   CARDIO</b>	8:00~8:30 <b>LES MILLS BODYATTACK</b>	8:00~8:30 <b>barre</b>	8:00~8:30 <b>LES MILLS SH'BAM</b>	8:00~8:30 <b>LES MILLS BODYCOMBAT</b>
9:00	9:00~9:45 朝ヨガ MARIE	9:00~9:30 <b>GRIT   CARDIO</b>	9:00~9:30 <b>LES MILLS BODYATTACK</b>	9:00~9:45 朝ヨガ MARIE	9:00~9:30 <b>LES MILLS SH'BAM</b>	9:15~10:00 ZUMBA YURINA	9:00~9:30 朝ヨガ Motoko
10:00	10:00~10:30 <b>GRIT   CARDIO</b>	10:00~10:30 <b>LES MILLS BODYATTACK</b>	9:00~9:30 <b>barre</b>	10:15~11:15 Let's JUMP Aki	10:00~10:30 <b>LES MILLS BODYCOMBAT</b>	10:15~11:00 ZUMBA YURINA	9:45~10:30 BODY BALANCE Motoko
11:00	11:00~11:30 <b>LES MILLS BODYATTACK</b>	10:45~11:45 ボディメイクヨガ Motoko	10:45~11:30 BODY BALANCE Motoko		10:45~11:45 リラックスヨガ Motoko	11:00~11:30 <b>GRIT   CARDIO</b>	10:45~11:45 HipHop きていみゆ
12:00	12:00~12:30 <b>barre</b>	12:00~12:30 <b>LES MILLS SH'BAM</b>	12:00~12:30 <b>LES MILLS BODYCOMBAT</b>	12:00~12:30 <b>LES MILLS BODYBALANCE</b>	12:00~12:30 <b>GRIT   CARDIO</b>	12:00~12:30 <b>LES MILLS BODYATTACK</b>	12:00~12:30 <b>barre</b>

## 【 原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 <b>LES MILLS SH'BAM</b>	13:15~14:15 Let's JUMP maiko	13:00~13:30 <b>LES MILLS BODYBALANCE</b>	13:00~13:30 <b>GRIT   CARDIO</b>	13:00~13:30 <b>LES MILLS BODYATTACK</b>	13:00~13:30 <b>LES MILLS barre</b>	13:00~13:30 <b>LES MILLS SH'BAM</b>
14:00	13:45~14:30 リラックスヨガ MARIE		14:00~14:30 <b>GRIT   CARDIO</b>	14:00~14:30 <b>LES MILLS BODYATTACK</b>	14:00~14:30 <b>LES MILLS barre</b>	14:00~14:30 <b>LES MILLS SH'BAM</b>	14:00~14:30 <b>LES MILLS BODYCOMBAT</b>
15:00	14:45~15:30 バレトン MAYA	15:00~15:30 <b>GRIT   CARDIO</b>	15:00~15:30 <b>LES MILLS BODYATTACK</b>	15:00~15:45 バレトン MAYA	15:00~15:30 <b>LES MILLS SH'BAM</b>	15:15~16:00 筋膜リリースヨガ miku	15:00~15:30 <b>LES MILLS BODYBALANCE</b>
16:00	16:00~16:30 <b>GRIT   CARDIO</b>	16:00~16:45 筋膜リリース miku	16:00~16:30 <b>LES MILLS barre</b>	16:00~16:30 <b>LES MILLS SH'BAM</b>	16:00~16:30 <b>LES MILLS BODYCOMBAT</b>	16:15~17:00 リラックスヨガ miku	16:00~16:30 <b>GRIT   CARDIO</b>
17:00	17:00~17:30 <b>LES MILLS BODYATTACK</b>	17:00~17:45 ストレッチヨガ miku	17:00~17:30 <b>LES MILLS SH'BAM</b>	17:00~17:30 <b>LES MILLS BODYCOMBAT</b>	17:00~17:30 <b>LES MILLS BODYBALANCE</b>	17:15~18:00 BODY BALANCE Motoko	17:00~17:30 <b>LES MILLS BODYATTACK</b>
18:00	17:45~18:45 HipHop きていみゆ	18:00~18:30 <b>LES MILLS SH'BAM</b>	18:00~18:30 <b>LES MILLS BODYCOMBAT</b> 18:45~19:30 やさしいフローヨガ HIROMI	18:00~18:30 <b>LES MILLS BODYBALANCE</b>	18:00~18:30 <b>GRIT   CARDIO</b>	休講 18:30~19:15 BODYCOMBAT 伊藤優綺	18:00~18:30 <b>LES MILLS barre</b>
19:00	19:00~20:00 JAZZ DANCE JUNNA	19:15~20:00 BODYCOMBAT 伊藤優綺	19:45~20:30 アクティブフローヨガ HIROMI	19:00~19:30 <b>GRIT   CARDIO</b>	19:15~20:00 ZUMBA YURINA	19:30~20:15 SH'BAM 伊藤優綺	19:00~19:30 <b>LES MILLS SH'BAM</b>
20:00	20:15~21:00 パワーヨガ JUNNA	20:15~21:00 SH'BAM 伊藤優綺		20:00~20:30 <b>LES MILLS BODYATTACK</b>	20:15~21:00 ZUMBA YURINA		20:00~20:30 <b>LES MILLS BODYCOMBAT</b>
21:00	休講	休講	21:00~21:30 <b>LES MILLS BODYATTACK</b>	21:00~21:30 <b>LES MILLS barre</b>	21:00~21:30 <b>LES MILLS SH'BAM</b>	21:00~21:30 <b>LES MILLS BODYCOMBAT</b>	21:00~21:30 <b>LES MILLS BODYBALANCE</b>
22:00	22:00~22:30 <b>GRIT   CARDIO</b>	22:00~22:30 <b>LES MILLS BODYATTACK</b>	22:00~22:30 <b>LES MILLS barre</b>	22:00~22:30 <b>LES MILLS SH'BAM</b>	22:00~22:30 <b>LES MILLS BODYCOMBAT</b>	22:00~22:30 <b>LES MILLS BODYBALANCE</b>	22:00~22:30 <b>GRIT   CARDIO</b>
23:00	23:00~23:30 <b>LES MILLS BODYATTACK</b>	23:00~23:30 <b>LES MILLS barre</b>	23:00~23:30 <b>LES MILLS SH'BAM</b>	23:00~23:30 <b>LES MILLS BODYCOMBAT</b>	23:00~23:30 <b>LES MILLS BODYBALANCE</b>	23:00~23:30 <b>GRIT   CARDIO</b>	23:00~23:30 <b>LES MILLS BODYATTACK</b>

