

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|---|--|--|---|---|---|--|
| 0:00 | 00:00~00:30 barre | 00:00~00:30 LES MILLS SH'BAM | 00:00~00:30 LES MILLS BODYCOMBAT | 00:00~00:30 LES MILLS BODYBALANCE | 00:00~00:30 GRIT CARDIO | 00:00~00:30 LES MILLS BODYATTACK | 00:00~00:30 barre |
| 1:00 | 1:00~1:30 LES MILLS SH'BAM | 1:00~1:30 LES MILLS BODYCOMBAT | 1:00~1:30 LES MILLS BODYBALANCE | 1:00~1:30 GRIT CARDIO | 1:00~1:30 LES MILLS BODYATTACK | 1:00~1:30 barre | 1:00~1:30 LES MILLS SH'BAM |
| 2:00 | 2:00~2:30 LES MILLS BODYCOMBAT | 2:00~2:30 LES MILLS BODYBALANCE | 2:00~2:30 GRIT CARDIO | 2:00~2:30 LES MILLS BODYATTACK | 2:00~2:30 barre | 2:00~2:30 LES MILLS SH'BAM | 2:00~2:30 LES MILLS BODYCOMBAT |
| 3:00 | 3:00~3:30 LES MILLS BODYBALANCE | 3:00~3:30 GRIT CARDIO | 3:00~3:30 LES MILLS BODYATTACK | 3:00~3:30 barre | 3:00~3:30 LES MILLS SH'BAM | 3:00~3:30 LES MILLS BODYCOMBAT | 3:00~3:30 LES MILLS BODYBALANCE |
| 4:00 | 4:00~4:30 GRIT CARDIO | 4:00~4:30 LES MILLS BODYATTACK | 4:00~4:30 barre | 4:00~4:30 LES MILLS SH'BAM | 4:00~4:30 LES MILLS BODYCOMBAT | 4:00~4:30 LES MILLS BODYBALANCE | 4:00~4:30 GRIT CARDIO |
| 5:00 | 5:00~5:30 LES MILLS BODYATTACK | 5:00~5:30 barre | 5:00~5:30 LES MILLS SH'BAM | 5:00~5:30 LES MILLS BODYCOMBAT | 5:00~5:30 LES MILLS BODYBALANCE | 5:00~5:30 GRIT CARDIO | 5:00~5:30 LES MILLS BODYATTACK |
| 6:00 | 6:00~6:30 barre | 6:00~6:30 LES MILLS SH'BAM | 6:00~6:30 LES MILLS BODYCOMBAT | 6:00~6:30 LES MILLS BODYBALANCE | 6:00~6:30 GRIT CARDIO | 6:00~6:30 LES MILLS BODYATTACK | 6:00~6:30 barre |
| 7:00 | 7:00~7:30 LES MILLS SH'BAM | 7:00~7:30 LES MILLS BODYCOMBAT | 7:00~7:30 LES MILLS BODYBALANCE | 7:00~7:30 GRIT CARDIO | 7:00~7:30 LES MILLS BODYATTACK | 7:00~7:30 barre | 7:00~7:30 LES MILLS SH'BAM |
| 8:00 | 8:00~8:30 LES MILLS BODYCOMBAT | 8:00~8:30 LES MILLS BODYBALANCE | 8:00~8:30 GRIT CARDIO | 8:00~8:30 LES MILLS BODYATTACK | 8:00~8:30 barre | 8:00~8:30 LES MILLS SH'BAM | 8:00~8:30 LES MILLS BODYCOMBAT |
| 9:00 | 9:00~9:30 LES MILLS BODYBALANCE | 9:00~9:30 GRIT CARDIO | 9:00~9:30 LES MILLS BODYATTACK | 9:00~9:30 barre | 9:00~9:30 LES MILLS SH'BAM | 9:00~9:30 LES MILLS BODYCOMBAT | 9:00~9:30 LES MILLS BODYBALANCE |
| 10:00 | 10:00~10:30 GRIT CARDIO | 10:00~10:30 LES MILLS BODYATTACK | 10:00~10:30 barre | 10:00~10:30 LES MILLS SH'BAM | 10:00~10:30 LES MILLS BODYCOMBAT | 10:00~10:30 LES MILLS BODYBALANCE | 10:00~10:30 GRIT CARDIO |
| 11:00 | 10:45~11:45 美脚ヨガ みほ | 10:45~11:45 体を整えるヨガ saeko | 11:00~11:30 LES MILLS SH'BAM | 11:00~11:30 LES MILLS BODYCOMBAT | 11:00~11:30 LES MILLS BODYBALANCE | 11:00~11:30 GRIT CARDIO | 11:00~11:30 LES MILLS BODYATTACK |
| 12:00 | 12:00~13:00 デトックスヨガ みほ | 12:00~12:30 LES MILLS SH'BAM | 12:00~12:30 LES MILLS BODYCOMBAT | 12:00~12:30 LES MILLS BODYBALANCE | 12:00~13:00 骨盤調整ヨガ みほ | 12:00~12:30 LES MILLS BODYATTACK | 12:00~12:30 barre |

【 名古屋北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 LES MILLS SH'BAM | 13:00~13:30 LES MILLS BODYCOMBAT | 13:00~13:30 LES MILLS BODYBALANCE | 13:00~13:30 GRIT CANDID | 13:00~13:30 LES MILLS BODYATTACK | 13:00~13:30 barre | 13:00~13:30 LES MILLS SH'BAM |
| 14:00 | 14:00~14:30 LES MILLS BODYCOMBAT | 14:00~14:30 LES MILLS BODYBALANCE | 14:00~14:30 GRIT CANDID | 14:00~14:45 シャカダンス AKIRA | 14:00~14:30 barre | 14:00~14:30 LES MILLS SH'BAM | 14:00~14:30 LES MILLS BODYCOMBAT |
| 15:00 | 15:00~15:30 LES MILLS BODYBALANCE | 15:00~15:30 GRIT CANDID | 15:00~15:30 LES MILLS BODYATTACK | 15:00~15:30 barre | 15:00~15:45 シャカダンス AKIRA | 15:00~15:30 LES MILLS BODYCOMBAT | 15:00~15:30 LES MILLS BODYBALANCE |
| 16:00 | 16:00~16:30 GRIT CANDID | 16:00~16:30 LES MILLS BODYATTACK | 15:30~16:15 ZUMBA MARIO | 16:00~16:30 LES MILLS SH'BAM | 16:00~16:30 LES MILLS BODYCOMBAT | 16:00~16:30 LES MILLS BODYBALANCE | 16:00~16:30 GRIT CANDID |
| 17:00 | 17:00~17:30 LES MILLS BODYATTACK | 17:00~17:30 barre | 17:00~17:30 LES MILLS SH'BAM | 17:00~17:30 LES MILLS BODYCOMBAT | 17:00~17:30 LES MILLS BODYBALANCE | 17:00~17:30 GRIT CANDID | 17:00~17:30 LES MILLS BODYATTACK |
| 18:00 | 18:00~18:30 barre | 18:30~19:15 HIIT★MAX MAKI | 18:00~18:30 LES MILLS BODYCOMBAT | 18:00~18:30 LES MILLS BODYBALANCE | 18:00~18:30 GRIT CANDID | 18:00~18:30 LES MILLS BODYATTACK | 18:00~18:30 barre |
| 19:00 | 19:00~19:45 ZUMBA® AKI | 19:45~20:30 シャカダンス AKIRA | 19:00~19:45 第1.3.5週 シャカダンス 第2.4週: ZUMBA MARIO | 19:00~19:45 ZUMBA AKI | 19:00~19:30 LES MILLS BODYATTACK | 19:00~19:30 barre | 19:00~19:30 LES MILLS SH'BAM |
| 20:00 | 20:00~20:30 LES MILLS BODYCOMBAT | 20:00~20:30 GRIT CANDID | 20:00~20:30 GRIT CANDID | 20:00~20:30 LES MILLS BODYATTACK | 20:00~20:30 barre | 20:00~20:30 LES MILLS SH'BAM | 20:00~20:30 LES MILLS BODYCOMBAT |
| 21:00 | 21:00~21:30 LES MILLS BODYBALANCE | 21:00~21:30 GRIT CANDID | 21:00~21:30 LES MILLS BODYATTACK | 21:00~21:30 barre | 21:00~21:30 LES MILLS SH'BAM | 21:00~21:30 LES MILLS BODYCOMBAT | 21:00~21:30 LES MILLS BODYBALANCE |
| 22:00 | 22:00~22:30 GRIT CANDID | 22:00~22:30 LES MILLS BODYATTACK | 22:00~22:30 barre | 22:00~22:30 LES MILLS SH'BAM | 22:00~22:30 LES MILLS BODYCOMBAT | 22:00~22:30 LES MILLS BODYBALANCE | 22:00~22:30 GRIT CANDID |
| 23:00 | 23:00~23:30 LES MILLS BODYATTACK | 23:00~23:30 barre | 23:00~23:30 LES MILLS SH'BAM | 23:00~23:30 LES MILLS BODYCOMBAT | 23:00~23:30 LES MILLS BODYBALANCE | 23:00~23:30 GRIT CANDID | 23:00~23:30 LES MILLS BODYATTACK |

