

Monday Tuesday Wednesday Thursday

FIT-RIDE 🎻 【 日進米野木店FIT-RIDEスケジュール

Friday

	9:00~9:45	9:00~9:45	9:00~9:45	9:00~9:45	9:00~9:45	9:00~9:45	9:00~9:45
9:00	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP
	10 - 00 - 10 - 20	10 : 00 10 : 20	10 : 00 10 : 20	10.00.10.20	10 . 00 . 10 . 20	10 - 00 - 10 - 20	10 : 00 10 : 20
10:00	10:00~10:30	10:00~10:30	10:00~10:30 LESMILLS	10:00~10:30	10:00~10:30 LESMILLS	10:00~10:30 LESMILLS	10:00~10:30
20.00	RPM	KPM	RPM	RPM	RPM	RPM	RPM
	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30	11:00~11:30
11:00	sprint	sprint	sprint	sprint	sprint	sprint	sprint
	12:00~12:45	12:00~12:45	12:00~12:45	12:00~12:45	12:00~12:45	12:00~12:45	12:00~12:45
12:00	THE TRIP	Landware THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	LINGULAR THE TRIP
	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP
	13:00~13:30	13:00~13:30	13:00~13:30	13:00~13:30	13:00~13:30	13:00~13:30	13:00~13:30
13:00	RPM	RPM	RPM	RPM	RPM	RPM	RPM
	14:00~14:30	14:00~14:30	14:00~14:30	14:00~14:30	14:00~14:30	14:00~14:30	14:00~14:30
14:00	sprint	sprint	sprint	sprint	sprint	sprint	sprint
15.00	15:00~15:45	15:00~15:45	15:00~15:45	15:00~15:45	15:00~15:45	15:00~15:45	15:00~15:45
15:00	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP
	16:00~16:30	16:00~16:30	16:00~16:30	16:00~16:30	16:00~16:30	16:00~16:30	16:00~16:30
16:00	RPM RPM	RPM RPM	RPM RPM	RPM RPM	RPM RPM	RPM RPM	RPM RPM
17:00	17:00~17:30	17:00~17:30	17:00~17:30 Sprint	17:00~17:30	17:00~17:30	17:00~17:30	17:00~17:30
17.00	OJOI II IC	Spr ii ic	C)OT II TC	Ojornic	OJOT II TC	Cyst II IC	Оргин
	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45
18:00	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP
	19:00~19:30	19:00~19:30	19:00~19:30	19:00~19:30	19:00~19:30	19:00~19:30	19:00~19:30
19:00	LESMILLS RPM	LesMills	LesMills RPM	LESMILLS	Lesmils RPM	LesMills	LesMills
	81-301		KFWI	NFW1	NF #	N.F.WI	R.P.M
	20:00~20:30	20:00~20:30	20:00~20:30	20:00~20:30	20:00~20:30	20:00~20:30	20:00~20:30
20:00	sprint	sprint	sprint	sprint	sprint	sprint	sprint
	21:00~21:45	21:00~21:45	21:00~21:45	21:00~21:45	21:00~21:45	21:00~21:45	21:00~21:45
21:00	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP
22:00	22:00~22:30	22:00~22:30	22:00~22:30	22:00~22:30	22:00~22:30	22:00~22:30	22:00~22:30
22:00	RPM	RPM	RPM	RPM	RPM	RPM	RPM
	23:00~23:30	23:00~23:30	23:00~23:30	23:00~23:30	23:00~23:30	23:00~23:30	23:00~23:30
23:00	sprint	sprint	sprint	sprint	Sprint	sprint	sprint



Sunday

FIT-RIDE 🌋 【 日進米野木店FIT-RIDEケジュール② 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	0:00~0:45	0:00~0:45 Lawyella THE TRIP	0:00~0:45 Lamble to THE TRIP	0:00~0:45 Lamble trip	0:00~0:45 LandMata THE TRIP	0:00~0:45 Landhilla THE TRIP	0:00~0:45 LawYLLE THE TRIP
1:00	1:00~1:30	1:00~1:30	1:00~1:30	1:00~1:30	1:00~1:30	1:00~1:30	1:00~1:30
	LESMILS	LESMILS	LESMILS	LESMILS	LESMILS	LESMILS	LESMILLS
2:00	2:00~2:30	2:00~2:30	2:00~2:30	2:00~2:30	2:00~2:30	2:00~2:30	2:00~2:30
	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint
3:00	3:00~3:45 THE TRIP	3:00~3:45 LawYLLE THE TRIP	3:00~3:45 Landblas THE TRIP	3:00~3:45 THE TRIP	3:00~3:45 Landblas THE TRIP	3:00~3:45 Lamble trip	3:00~3:45 Lambles THE TRIP
4:00	4:00~4:30 LesMils	4:00~4:30 LESMILS RPM	4:00~4:30 LESMILS	4:00~4:30 LESMILS	4:00~4:30 LESMILS	4:00~4:30 LESMILS	4:00~4:30 LESMILLS
5:00	5:00~5:30	5:00~5:30	5:00~5:30	5:00~5:30	5:00~5:30	5:00~5:30	5:00~5:30
	Sprint	Sprint	Sprint	Sprint	Sprint	SOUTH	Sprint
6:00	6:00~6:45	6:00~6:45	6:00~6:45	6:00~6:45	6:00~6:45	6:00~6:45	6:00~6:45
	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP	Land TRIP	THE TRIP
7:00	7:00~7:30 LesMills	7:00~7:30 LesMils RPM	7:00~7:30 LESMILLS	7:00~7:30 LesMills	7:00~7:30 LesMills	7:00~7:30 LESMILS RPM	7:00~7:30 LesMills
8:00	8:00~8:30	8:00~8:30	8:00~8:30	8:00~8:30	8:00~8:30	8:00~8:30	8:00~8:30
	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint

