

FIT-RIDE 【 日進米野木店FIT-RIDEスケジュール 】

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	9:00~9:45 <small>Les Mills</small> THE TRIP	9:00~9:45 <small>Les Mills</small> THE TRIP	9:00~9:45 <small>Les Mills</small> THE TRIP	9:00~9:45 <small>Les Mills</small> THE TRIP	9:00~9:45 <small>Les Mills</small> THE TRIP	9:00~9:45 <small>Les Mills</small> THE TRIP	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> RPM	10:00~10:30 <small>Les Mills</small> RPM	10:00~10:30 <small>Les Mills</small> RPM	10:00~10:30 <small>Les Mills</small> RPM	10:00~10:30 <small>Les Mills</small> RPM	10:00~10:30 <small>Les Mills</small> RPM
11:00	11:00~11:30 <small>Les Mills</small> sprint	11:00~11:30 <small>Les Mills</small> sprint	11:00~11:30 <small>Les Mills</small> sprint	11:00~11:30 <small>Les Mills</small> sprint	11:00~11:30 <small>Les Mills</small> sprint	11:00~11:30 <small>Les Mills</small> sprint	11:00~11:30 <small>Les Mills</small> sprint
12:00	12:00~12:45 <small>Les Mills</small> THE TRIP	12:00~12:45 <small>Les Mills</small> THE TRIP	12:00~12:45 <small>Les Mills</small> THE TRIP	12:00~12:45 <small>Les Mills</small> THE TRIP	12:00~12:45 <small>Les Mills</small> THE TRIP	12:00~12:45 <small>Les Mills</small> THE TRIP	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> RPM	13:00~13:30 <small>Les Mills</small> RPM	13:00~13:30 <small>Les Mills</small> RPM	13:00~13:30 <small>Les Mills</small> RPM	13:00~13:30 <small>Les Mills</small> RPM	13:00~13:30 <small>Les Mills</small> RPM
14:00	14:00~14:30 <small>Les Mills</small> sprint	14:00~14:30 <small>Les Mills</small> sprint	14:00~14:30 <small>Les Mills</small> sprint	14:00~14:30 <small>Les Mills</small> sprint	14:00~14:30 <small>Les Mills</small> sprint	14:00~14:30 <small>Les Mills</small> sprint	14:00~14:30 <small>Les Mills</small> sprint
15:00	15:00~15:45 <small>Les Mills</small> THE TRIP	15:00~15:45 <small>Les Mills</small> THE TRIP	15:00~15:45 <small>Les Mills</small> THE TRIP	15:00~15:45 <small>Les Mills</small> THE TRIP	15:00~15:45 <small>Les Mills</small> THE TRIP	15:00~15:45 <small>Les Mills</small> THE TRIP	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> RPM	16:00~16:30 <small>Les Mills</small> RPM	16:00~16:30 <small>Les Mills</small> RPM	16:00~16:30 <small>Les Mills</small> RPM	16:00~16:30 <small>Les Mills</small> RPM	16:00~16:30 <small>Les Mills</small> RPM
17:00	17:00~17:30 <small>Les Mills</small> sprint	17:00~17:30 <small>Les Mills</small> sprint	17:00~17:30 <small>Les Mills</small> sprint	17:00~17:30 <small>Les Mills</small> sprint	17:00~17:30 <small>Les Mills</small> sprint	17:00~17:30 <small>Les Mills</small> sprint	17:00~17:30 <small>Les Mills</small> sprint
18:00	18:00~18:45 <small>Les Mills</small> THE TRIP	18:00~18:45 <small>Les Mills</small> THE TRIP	18:00~18:45 <small>Les Mills</small> THE TRIP	18:00~18:45 <small>Les Mills</small> THE TRIP	18:00~18:45 <small>Les Mills</small> THE TRIP	18:00~18:45 <small>Les Mills</small> THE TRIP	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> RPM	19:00~19:30 <small>Les Mills</small> RPM	19:00~19:30 <small>Les Mills</small> RPM	19:00~19:30 <small>Les Mills</small> RPM	19:00~19:30 <small>Les Mills</small> RPM	19:00~19:30 <small>Les Mills</small> RPM
20:00	20:00~20:30 <small>Les Mills</small> sprint	20:00~20:30 <small>Les Mills</small> sprint	20:00~20:30 <small>Les Mills</small> sprint	20:00~20:30 <small>Les Mills</small> sprint	20:00~20:30 <small>Les Mills</small> sprint	20:00~20:30 <small>Les Mills</small> sprint	20:00~20:30 <small>Les Mills</small> sprint
21:00	21:00~21:45 <small>Les Mills</small> THE TRIP	21:00~21:45 <small>Les Mills</small> THE TRIP	21:00~21:45 <small>Les Mills</small> THE TRIP	21:00~21:45 <small>Les Mills</small> THE TRIP	21:00~21:45 <small>Les Mills</small> THE TRIP	21:00~21:45 <small>Les Mills</small> THE TRIP	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> RPM	22:00~22:30 <small>Les Mills</small> RPM	22:00~22:30 <small>Les Mills</small> RPM	22:00~22:30 <small>Les Mills</small> RPM	22:00~22:30 <small>Les Mills</small> RPM	22:00~22:30 <small>Les Mills</small> RPM
23:00	23:00~23:30 <small>Les Mills</small> sprint	23:00~23:30 <small>Les Mills</small> sprint	23:00~23:30 <small>Les Mills</small> sprint	23:00~23:30 <small>Les Mills</small> sprint	23:00~23:30 <small>Les Mills</small> sprint	23:00~23:30 <small>Les Mills</small> sprint	23:00~23:30 <small>Les Mills</small> sprint



【 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 LesMills THE TRIP	0:00~0:45 LesMills THE TRIP	0:00~0:45 LesMills THE TRIP	0:00~0:45 LesMills THE TRIP	0:00~0:45 LesMills THE TRIP	0:00~0:45 LesMills THE TRIP	0:00~0:45 LesMills THE TRIP
1:00	1:00~1:30 LesMills RPM	1:00~1:30 LesMills RPM	1:00~1:30 LesMills RPM	1:00~1:30 LesMills RPM	1:00~1:30 LesMills RPM	1:00~1:30 LesMills RPM	1:00~1:30 LesMills RPM
2:00	2:00~2:30 LesMills sprint	2:00~2:30 LesMills sprint	2:00~2:30 LesMills sprint	2:00~2:30 LesMills sprint	2:00~2:30 LesMills sprint	2:00~2:30 LesMills sprint	2:00~2:30 LesMills sprint
3:00	3:00~3:45 LesMills THE TRIP	3:00~3:45 LesMills THE TRIP	3:00~3:45 LesMills THE TRIP	3:00~3:45 LesMills THE TRIP	3:00~3:45 LesMills THE TRIP	3:00~3:45 LesMills THE TRIP	3:00~3:45 LesMills THE TRIP
4:00	4:00~4:30 LesMills RPM	4:00~4:30 LesMills RPM	4:00~4:30 LesMills RPM	4:00~4:30 LesMills RPM	4:00~4:30 LesMills RPM	4:00~4:30 LesMills RPM	4:00~4:30 LesMills RPM
5:00	5:00~5:30 LesMills sprint	5:00~5:30 LesMills sprint	5:00~5:30 LesMills sprint	5:00~5:30 LesMills sprint	5:00~5:30 LesMills sprint	5:00~5:30 LesMills sprint	5:00~5:30 LesMills sprint
6:00	6:00~6:45 LesMills THE TRIP	6:00~6:45 LesMills THE TRIP	6:00~6:45 LesMills THE TRIP	6:00~6:45 LesMills THE TRIP	6:00~6:45 LesMills THE TRIP	6:00~6:45 LesMills THE TRIP	6:00~6:45 LesMills THE TRIP
7:00	7:00~7:30 LesMills RPM	7:00~7:30 LesMills RPM	7:00~7:30 LesMills RPM	7:00~7:30 LesMills RPM	7:00~7:30 LesMills RPM	7:00~7:30 LesMills RPM	7:00~7:30 LesMills RPM
8:00	8:00~8:30 LesMills sprint	8:00~8:30 LesMills sprint	8:00~8:30 LesMills sprint	8:00~8:30 LesMills sprint	8:00~8:30 LesMills sprint	8:00~8:30 LesMills sprint	8:00~8:30 LesMills sprint

