

岡谷店レッスンスケジュール

	月	火	水	木	金	土	日
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
13:00							
13:30		※レッスン10分前より 入室可能につき休講時のみとします					
14:00			YAMADA 13:30～14:15 週毎変わります				
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00	YAMADA 18:45～19:15 ボクシング	JIN エクササイズ 19:00～19:45		RIO & MAYA 19:00～19:45 Fithop(不定期)	RIO & MAYA 19:00～19:45 Fithop(不定期)		
19:30							
20:00	YAMADA 19:30～20:15 ヨガ×ピラティス	MIYA Fithop 20:00～20:30 ZUMBA 20:45～21:15	MIYA ZUMBA STEP 20:00～20:30				
20:30							

月：19時→DANCE／20時→BODY COMBAT

火：19時→BODY PUMP／20時→DANCE / 21時→GRIT STRENGTH

水：14時→BODY PUMP／20時→BODY COMBAT

木：19時→BODY PUMP 金：19時→BODY COMBAT

岡谷店レッスンスケジュール

	月	火	水	木	金	土	日
21:00	 LESMILLS BODYBALANCE	MIYA	LESMILLS BODYATTACK	 LESMILLS BODYBALANCE	LESMILLS DANCE	 LESMILLS BODYCOMBAT	LESMILLS DANCE
21:30							
22:00	LESMILLS BODYPUMP	LESMILLS BODYATTACK	 GRIT CARDIO	LESMILLS BODYPUMP	LESMILLS GRIT STRENGTH	 LESMILLS BODYBALANCE	LESMILLS BODYPUMP
22:30							
23:00	LESMILLS BODYATTACK	LESMILLS BODYPUMP	LESMILLS DANCE	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYATTACK
23:30							
24:00	 LESMILLS BODYCOMBAT	LESMILLS DANCE	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYATTACK	 GRIT CARDIO
24:30							
1:00	LESMILLS DANCE	 LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK	 GRIT CARDIO	LESMILLS DANCE
1:30							
2:00	LESMILLS BODYPUMP	 LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK	LESMILLS DANCE	LESMILLS DANCE	 LESMILLS BODYCOMBAT
2:30							
3:00	 LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK	LESMILLS BODYPUMP	 GRIT CARDIO	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE
3:30							
4:00	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK	LESMILLS DANCE	LESMILLS DANCE	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH
4:30							
5:00	LESMILLS BODYATTACK	LESMILLS DANCE	LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK
5:30							
6:00	LESMILLS BODYPUMP	 GRIT CARDIO	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS DANCE
6:30							
7:00	LESMILLS DANCE	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK	LESMILLS DANCE	LESMILLS BODYPUMP
7:30							
8:00	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	LESMILLS GRIT STRENGTH	LESMILLS BODYATTACK	LESMILLS DANCE	 GRIT CARDIO	 LESMILLS BODYCOMBAT
8:30							