

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:00	00:00~00:30 LES MILLS DANCE	00:00~00:30 LES MILLS BODYCOMBAT	00:00~00:30 LES MILLS BODYCOMBAT	00:00~00:30 LES MILLS BODYBALANCE	00:00~00:30 LES MILLS GRIT CARDIO	00:00~00:30 LES MILLS BODYATTACK	00:00~00:30 LES MILLS DANCE
1:00	1:00~1:30 LES MILLS BODYBALANCE	1:00~1:30 LES MILLS BODYCOMBAT	1:00~1:30 LES MILLS BODYBALANCE	1:00~1:30 LES MILLS GRIT CARDIO	1:00~1:30 LES MILLS BODYATTACK	1:00~1:30 LES MILLS DANCE	1:00~1:30 LES MILLS GRIT CARDIO
2:00	2:00~2:30 LES MILLS BODYCOMBAT	2:00~2:30 LES MILLS BODYBALANCE	2:00~2:30 LES MILLS GRIT CARDIO	2:00~2:30 LES MILLS BODYATTACK	2:00~2:30 LES MILLS DANCE	2:00~2:30 LES MILLS BODYATTACK	2:00~2:30 LES MILLS BODYCOMBAT
3:00	3:00~3:30 LES MILLS BODYBALANCE	3:00~3:30 LES MILLS GRIT CARDIO	3:00~3:30 LES MILLS BODYATTACK	3:00~3:30 LES MILLS DANCE	3:00~3:30 LES MILLS BODYCOMBAT	3:00~3:30 LES MILLS BODYCOMBAT	3:00~3:30 LES MILLS BODYBALANCE
4:00	4:00~4:30 LES MILLS GRIT CARDIO	4:00~4:30 LES MILLS BODYATTACK	4:00~4:30 LES MILLS DANCE	4:00~4:30 LES MILLS BODYBALANCE	4:00~4:30 LES MILLS BODYCOMBAT	4:00~4:30 LES MILLS BODYBALANCE	4:00~4:30 LES MILLS GRIT CARDIO
5:00	5:00~5:30 LES MILLS BODYATTACK	5:00~5:30 LES MILLS DANCE	5:00~5:30 LES MILLS GRIT CARDIO	5:00~5:30 LES MILLS BODYCOMBAT	5:00~5:30 LES MILLS BODYBALANCE	5:00~5:30 LES MILLS GRIT CARDIO	5:00~5:30 LES MILLS BODYATTACK
6:00	6:00~6:30 LES MILLS DANCE	6:00~6:30 LES MILLS BODYATTACK	6:00~6:30 LES MILLS BODYCOMBAT	6:00~6:30 LES MILLS BODYBALANCE	6:00~6:30 LES MILLS GRIT CARDIO	6:00~6:30 LES MILLS BODYATTACK	6:00~6:30 LES MILLS DANCE
7:00	7:00~7:30 LES MILLS BODYCOMBAT	7:00~7:30 LES MILLS BODYBALANCE	7:00~7:30 LES MILLS BODYBALANCE	7:00~7:30 LES MILLS GRIT CARDIO	7:00~7:30 LES MILLS BODYATTACK	7:00~7:30 LES MILLS DANCE	7:00~7:30 LES MILLS BODYBALANCE
8:00	8:00~8:30 LES MILLS BODYATTACK	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS BODYCOMBAT	8:00~8:30 LES MILLS DANCE	8:00~8:30 LES MILLS GRIT CARDIO	8:00~8:45 朝ヨガ Keiko
9:00	9:00~9:30 LES MILLS BODYBALANCE	9:00~9:30 LES MILLS GRIT CARDIO	9:00~9:30 LES MILLS BODYATTACK	9:45~10:15 セルフ整体 Keiko	9:00~9:30 LES MILLS BODYATTACK	9:00~9:30 LES MILLS BODYCOMBAT	9:00~9:30 LES MILLS BODYBALANCE
10:00	10:00~10:45 リリース ストレッチ 山田恵里奈	10:00~10:30 PILATES MIYA	10:00~10:30 LES MILLS DANCE	10:30~11:15 キックボクシング 山田恵里奈	10:30~11:30 ピラティス ayako	10:00~10:30 LES MILLS BODYBALANCE	10:00~10:30 LES MILLS GRIT CARDIO
11:00	11:00~11:45 ZUMBA 山田恵里奈	10:00~10:30 LES MILLS DANCE	11:00~11:30 LES MILLS BODYCOMBAT			11:00~11:30 LES MILLS GRIT CARDIO	11:00~11:30 LES MILLS BODYATTACK
12:00	12:00~12:30 LES MILLS DANCE	12:00~12:30 LES MILLS BODYBALANCE	12:00~12:30 LES MILLS BODYCOMBAT	12:00~12:30 LES MILLS BODYBALANCE	12:00~12:30 LES MILLS GRIT CARDIO	12:00~12:30 LES MILLS BODYATTACK	12:00~12:30 LES MILLS DANCE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00	13:00~13:30 LES MILLS DANCE	13:00~13:30 LES MILLS BODYCOMBAT	13:00~13:30 LES MILLS BODYBALANCE	13:00~13:30 LES MILLS GRIT CARDIO	13:00~13:30 LES MILLS BODYATTACK	13:00~13:30 LES MILLS DANCE	13:00~13:30 LES MILLS GRIT CARDIO
14:00	14:00~14:30 LES MILLS BODYCOMBAT	14:00~14:30 LES MILLS BODYBALANCE	14:00~14:30 LES MILLS GRIT CARDIO	14:00~14:30 LES MILLS BODYATTACK	14:00~14:30 LES MILLS DANCE	14:00~14:30 LES MILLS BODYATTACK	14:00~14:30 LES MILLS BODYCOMBAT
15:00	15:00~15:30 LES MILLS BODYBALANCE	15:00~15:30 LES MILLS GRIT CARDIO	15:00~15:30 LES MILLS BODYATTACK	15:00~15:30 LES MILLS DANCE	15:00~15:30 LES MILLS BODYBALANCE	15:00~15:30 LES MILLS BODYCOMBAT	15:00~15:30 LES MILLS BODYCOMBAT
16:00	16:00~16:30 LES MILLS GRIT CARDIO	16:00~16:30 LES MILLS BODYATTACK	16:00~16:30 LES MILLS DANCE	16:00~16:30 LES MILLS GRIT CARDIO	16:00~16:30 LES MILLS BODYCOMBAT	16:00~16:30 LES MILLS BODYBALANCE	16:00~16:30 LES MILLS GRIT CARDIO
17:00	17:00~17:30 LES MILLS BODYATTACK	17:00~17:30 LES MILLS DANCE	17:00~17:30 LES MILLS BODYATTACK	17:00~17:30 LES MILLS BODYCOMBAT	17:00~17:30 LES MILLS BODYBALANCE	17:00~17:30 LES MILLS GRIT CARDIO	17:00~17:30 LES MILLS BODYATTACK
18:00	18:30~19:15 背骨コンディショニング Keiko	18:00~18:30 LES MILLS BODYCOMBAT 18:45~19:15 ZUMBA MIYA	18:00~18:30 LES MILLS BODYCOMBAT 18:45~19:15 Fithop MIYA	18:00~18:30 LES MILLS BODYBALANCE 18:45~19:15 STRONG NATION MIYA 19:30~20:00 ZUMBA TONING MIYA	18:00~18:30 LES MILLS GRIT CARDIO 19:00~19:45 ZUMBA MIYA	18:00~18:30 LES MILLS BODYATTACK 19:00~19:30 LES MILLS DANCE	18:00~18:30 LES MILLS DANCE 19:00~19:30 LES MILLS GRIT CARDIO
19:00	19:30~20:15 セロトニンヨガ Keiko						
20:00	20:15~20:45 LES MILLS DANCE	20:00~20:30 LES MILLS BODYCOMBAT	20:00~20:30 LES MILLS GRIT CARDIO	20:00~20:30 LES MILLS BODYATTACK	20:00~20:30 LES MILLS DANCE	20:00~20:30 LES MILLS BODYATTACK	20:00~20:30 LES MILLS BODYCOMBAT
21:00	21:00~21:30 LES MILLS BODYCOMBAT	21:00~21:30 LES MILLS GRIT CARDIO	21:00~21:30 LES MILLS BODYATTACK	21:00~21:30 LES MILLS BODYATTACK	21:00~21:30 LES MILLS BODYCOMBAT	21:00~21:30 LES MILLS BODYCOMBAT	21:00~21:30 LES MILLS BODYBALANCE
22:00	22:00~22:30 LES MILLS GRIT CARDIO	22:00~22:30 LES MILLS BODYATTACK	22:00~22:30 LES MILLS DANCE	22:00~22:30 LES MILLS BODYBALANCE	22:00~22:30 LES MILLS BODYCOMBAT	22:00~22:30 LES MILLS BODYBALANCE	22:00~22:30 LES MILLS GRIT CARDIO
23:00	23:00~23:30 LES MILLS BODYATTACK	23:00~23:30 LES MILLS DANCE	23:00~23:30 LES MILLS GRIT CARDIO	23:00~23:30 LES MILLS BODYCOMBAT	23:00~23:30 LES MILLS BODYBALANCE	23:00~23:30 LES MILLS GRIT CARDIO	23:00~23:30 LES MILLS BODYATTACK

