

HYPER FIT24 水口店		Group Exercise Timetable			HF COPPER FIT EN®			
	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	DANCE	D LESMILLS BODYBALANCE	D BODYCOMBAT	D BODYBALANCE	BODYATTACK	DANCE	O BODYBALANCE	0:00
	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	
1:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	1:00
	1:00am-1:30am	1:00am-1:30am	D BODYBALANCE 1:00am-1:30am	BODYATTACK 1:00am-1:30am	1:00am-1:30am	D BODYCOMBAT 1:00am-1:30am	OGRIT 1:00am-1:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
2:00	DANCE	O GRIT	BODYATTACK	DANCE	O BODYCOMBAT	O BODYBALANCE	DANCE	2:00
	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	
3:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1 OGRIT	3:00
	3:00am-3:30am	BODYATTACK 3:00am-3:30am	3:00am-3:30am	BODYCOMBAT 3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
4:00	DANCE	O BODYBALANCE	O BODYCOMBAT	D BODYBALANCE	DANCE	O GRIT	D LESMILLS BODYATTACK	4:00
	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	
5:00	Studio1	Studio1	Studio1 OGRIT	Studio1	Studio1 DESMILLS BODYATTACK	Studio1	Studio1	5:00
	D BODYBALANCE 5:00am-5:30am	D BODYCOMBAT 5:00am-5:30am	5:00am-5:30am	DANCE 5:00am-5:30am	5:00am-5:30am	BODYATTACK 5:00am-5:30am	5:00am-5:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
6:00	O BODYCOMBAT	DANCE	DANCE	D LESMILLS BODYBALANCE	BODYATTACK	D LESMILLS BODYBALANCE	BODYATTACK	6:00
	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	6:00am-6:30am	
7:00	Studio1	Studio1 D LESMILLS BODYBALANCE	Studio1	Studio1	Studio1	Studio1	Studio1	7:00
	DANCE 7:00am-7:30am	7:00am-7:30am	BODYATTACK 7:00am-7:30am	7:00am-7:30am	D BODYBALANCE 7:00am-7:30am	7:00am-7:30am	D BODYBALANCE 7:00am-7:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
8:00	O BODYBALANCE	DANCE	O BODYBALANCE	DANCE	DANCE	O GRIT	O BODYCOMBAT	8:00
	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	
9:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	9:00
	DANCE	BODYBALANCE	DANCE	BODYBALANCE	BODYCOMBAT	BODYBALANCE	9:00am-9:30am	
	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	Studio1	
10:00	D LESMILLS BODYBALANCE	D LESMILLS BODYCOMBAT	O BODYBALANCE	DANCE	D LESMILLS BODYBALANCE	DANCE	D LESMILLS BODYBALANCE	10:00
	10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	
11:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	11:00
	BODYBALANCE	DANCE	O BODYBALANCE	BODYATTACK	DANCE	BODYATTACK	OGRIT	
	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	
12:00	DANCE	⊙ GRIT	D LESMILLS BODYATTACK	DANCE	D LESMILLS BODYCOMBAT	O BODYBALANCE	DANCE	12:00
	12:00pm-12:30pm	12:00pm-12:30pm	12:00pm-12:30pm	12:00pm-12:30pm	12:00pm-12:30pm	12:00pm-12:30pm	12:00pm-12:30pm	
13:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	13:00
	BODYCOMBAT	BODYATTACK	DANCE	BODYCOMBAT	O BODYBALANCE	DANCE	BODYCOMBAT	
	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	
14:00	BODYATTACK	O BODYBALANCE	O BODYCOMBAT	O GRIT	D LESMILLS BODYBALANCE	O GRIT	D LESMILLS BODYATTACK	14:00
	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	
15:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	15:00
	3:00pm-3:30pm	3:00pm-3:30pm	OGRIT 3:00pm-3:30pm	3:00pm-3:30pm	○ GRIT 3:00pm-3:30pm	3:00pm-3:30pm	3:00pm-3:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
16:00	O BODYCOMBAT	O GRIT	D BODYBALANCE	D LESMILLS BODYBALANCE	D BODYATTACK	O BODYBALANCE	⊙ GRIT	16:00
	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	
17:00	Studio1 O GRIT	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	17:00
	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
18:00	DANCE	O BODYBALANCE	DANCE	D BODYATTACK	DANCE	D ESMILLS BODYCOMBAT	D BODYCOMBAT	18:00
	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	
19:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	19:00
	BODYATTACK	BODYATTACK	D BODYCOMBAT 7:00pm-7:30pm	DANCE	D LESMILLS BODYBALANCE	O GRIT	DANCE	
	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	
20:00	D LESMILLS BODYBALANCE	D BODYCOMBAT	O BODYBALANCE	⊙ GRIT	D LESMILLS BODYATTACK	DANCE	D BODYATTACK	20:00
	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	
21:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	21:00
	DANCE	BODYBALANCE	DANCE	W BODYATTACK	DANCE	D BODYCOMBAT	BODYBALANCE	
	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	
22:00	D BODYATTACK	LESMILLS	O BODYCOMBAT	DANCE	D LESMILLS BODYBALANCE	⊙ GRIT	LESMILLS	22:00
	10:00pm-10:30pm	10:00pm-10:30pm	10:00pm-10:30pm	10:00pm-10:30pm	10:00pm-10:30pm	10:00pm-10:30pm	10:00pm-10:30pm	
23:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	23:00
	BODYBALANCE	BODYBALANCE	DANCE	O GRIT	DANCE	D BODYCOMBAT	BODYATTACK	_3.00
	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	
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Group Exercise Timetable [CYCLE]



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0:30	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	0:30
	0:30am-1:00am Studio2	0:30am-1:00am Studio2	0:30am-1:00am Studio2	0:30am-1:00am Studio2	0:30am-1:00am Studio2	0:30am-1:00am Studio2	0:30am-1:00am Studio2	
1:30	O LESMILLS RPM	() Sprint	▲ LesMills	() Sprint	O LESMILLS RPM	() Sprint	O RPM	1:30
	1:30am-2:00am	1:30am-2:00am	1:30am-2:00am	1:30am-2:00am	1:30am-2:00am	1:30am-2:00am	1:30am-2:00am	
2:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	2:30
	Sprint	O RPM	Sprint	O RPM	Sprint	O RPM	Sprint	
	2:30am-3:00am Studio2	2:30am-3:00am Studio2	2:30am-3:00am Studio2	2:30am-3:00am Studio2	2:30am-3:00am Studio2	2:30am-3:00am Studio2	2:30am-3:00am Studio2	
3:30	O RPM	⊙ sprint	O RPM	Sprint	O RPM	⊙ sprint	O RPM	3:30
	3:30am-4:00am	3:30am-4:00am	3:30am-4:00am	3:30am-4:00am	3:30am-4:00am	3:30am-4:00am	3:30am-4:00am	
4:30	Studio2	Studio2	Studio2	Studio2	Studio2 Sprint	Studio2	Studio2	4:3
	O Sprint 4:30am-5:00am	4:30am-5:00am	Sprint 4:30am-5:00am	4:30am-5:00am	4:30am-5:00am	4:30am-5:00am	Sprint 4:30am-5:00am	
F-20	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	F. 2
5:30	O RPM	⊙ sprint	O RPM	Sprint	O RPM	⊙ sprint	O RPM	5:3
	5:30am-6:00am Studio2	5:30am-6:00am Studio2	5:30am-6:00am Studio2	5:30am-6:00am Studio2	5:30am-6:00am Studio2	5:30am-6:00am Studio2	5:30am-6:00am Studio2	
6:30	() Sprint	D LESMILLS	O Sprint	O LESMILLS	() Sprint	O LESMILLS	Sprint Sprint	6:3
	6:30am-7:00am	6:30am-7:00am	6:30am-7:00am	6:30am-7:00am	6:30am-7:00am	6:30am-7:00am	6:30am-7:00am	
7:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	7:3
	O RPM	Sprint	O RPM	O sprint	O RPM	⊙ sprint	O RPM	7.3
	7:30am-8:00am Studio2	7:30am-8:00am Studio2	7:30am-8:00am Studio2	7:30am-8:00am Studio2	7:30am-8:00am Studio2	7:30am-8:00am Studio2	7:30am-8:00am Studio2	
8:30	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	8:3
	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	
9:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	9:3
	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am	9:30am-10:00am	
	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	
10:30	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	10:
	10:30am-11:00am Studio2	10:30am-11:00am Studio2	10:30am-11:00am Studio2	10:30am-11:00am Studio2	10:30am-11:00am Studio2	10:30am-11:00am Studio2	10:30am-11:00am Studio2	
1:30	O RPM	LesMills	↑ LesMills	LesMils	O LESMILLS RPM	() Sprint	▲ LesMills	11:3
	11:30am-12:00am	11:30am-12:00am	11:30am-12:00am	11:30am-12:00am	11:30am-12:00am	11:30am-12:00am	11:30am-12:00am	
12:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	12:3
12.30	⊙ sprint	○ RPM	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	12.
	12:30am-1:00pm Studio2	12:30am-1:00pm Studio2	12:30am-1:00pm Studio2	12:30am-1:00pm Studio2	12:30am-1:00pm Studio2	12:30am-1:00pm Studio2	12:30am-1:00pm Studio2	
13:30	O RPM	⊙ sprint	O RPM	● sprint	O RPM	() Sprint	O RPM	13:3
	1:30pm-2:00pm	1:30pm-2:00pm	1:30pm-2:00pm	1:30pm-2:00pm	1:30pm-2:00pm	1:30pm-2:00pm	1:30pm-2:00pm	
14:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	14:3
	O RPM	Sprint	₩ RPM	Sprint	O RPM	Sprint	₩ RPM	
	2:30pm-3:00pm Studio2	2:30pm-3:00pm Studio2	2:30pm-3:00pm Studio2	2:30pm-3:00pm Studio2	2:30pm-3:00pm Studio2	2:30pm-3:00pm Studio2	2:30pm-3:00pm Studio2	
L5:30	⊙ sprint	O RPM	Sprint	O RPM	Sprint	O RPM	⊙ sprint	15:3
	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	
L6:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	16:3
	4:30pm-5:00pm	() Sprint 4:30pm-5:00pm	O RPM 4:30pm-5:00pm	Sprint 4:30pm-5:00pm	4:30pm-5:00pm	() Sprint 4:30pm-5:00pm	O RPM 4:30pm-5:00pm	
17:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	17:3
17.30	⊙ sprint	O RPM	Sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	17
	5:30pm-6:00pm Studio2	5:30pm-6:00pm Studio2	5:30pm-6:00pm Studio2	5:30pm-6:00pm Studio2	5:30pm-6:00pm Studio2	5:30pm-6:00pm Studio2	5:30pm-6:00pm Studio2	
18:30	O RPM	Sprint	○ LesMills RPM	() Sprint	O LESMILLS RPM	Sprint	O RPM	18:3
	6:30pm-7:00pm	6:30pm-7:00pm	6:30pm-7:00pm	6:30pm-7:00pm	6:30pm-7:00pm	6:30pm-7:00pm	6:30pm-7:00pm	
19:30	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	19:3
	Sprint	O RPM	Sprint	PM Stoom	Sprint	O RPM	Sprint	
	7:30pm-8:00pm Studio2	7:30pm-8:00pm Studio2	7:30pm-8:00pm Studio2	7:30pm-8:00pm Studio2	7:30pm-8:00pm Studio2	7:30pm-8:00pm Studio2	7:30pm-8:00pm Studio2	
20:30	O RPM	⊙ sprint	O RPM	⊙ sprint	O RPM	⊙ sprint	O RPM	20:3
	8:30pm-9:00pm	8:30pm-9:00pm	8:30pm-9:00pm	8:30pm-9:00pm	8:30pm-9:00pm	8:30pm-9:00pm	8:30pm-9:00pm	
1:30::	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	Studio2	21:3
	9:30pm-10:00pm	9:30pm-10:00pm	9:30pm-10:00pm	9:30pm-10:00pm	9:30pm-10:00pm	9:30pm-10:00pm	9:30pm-10:00pm	
	9:30pm-10:00pm Studio2	9:30pm-10:00pm Studio2	9:30pm-10:00pm Studio2	9:30pm-10:00pm Studio2	9:30pm-10:00pm Studio2	9:30pm-10:00pm Studio2	9:30pm-10:00pm Studio2	
22:30	O RPM	Sprint	O RPM	⊙ sprint	O RPM	Sprint	O RPM	22:
	10:30pm-11:00pm	10:30pm-11:00pm	10:30pm-11:00pm	10:30pm-11:00pm	10:30pm-11:00pm	10:30pm-11:00pm Studio2	10:30pm-11:00pm	
23:30	Studio2	Studio2	Studio2	Studio2	Studio2	▲ LPSMILLS	Studio2	23:3
	11:30pm-12:00pm	11:30pm-12:00pm	11:30pm-12:00pm	11:30pm-12:00pm	11:30pm-12:00pm	11:30pm-12:00pm	11:30pm-12:00pm	
	TT.SUPIN-12:UUDM	11.30pm-12:00pm	11.30pm-12:00pm	11.30pm-12:00pm	11.30pm-12:00pm	11.30pm-12:00pm	11.30piii-12:00pm	