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Group Exercise Timetable

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0:00	月曜日 D Lesmills BODYBALANCE	火曜日 C LESMILLS PAT	水曜日	未曜日 ② GRIT	金曜日 C BODYATTACK	土曜日	日曜日	0:00
	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	0:00am-0:30am	O: 00am-0:30am	0:00am-0:30am	0:00am-0:30am	
1:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	1:0
	DANCE	O BODYBALANCE	O BODYCOMBAT	DANCE	O GRIT	W BODYATTACK	BODYBALANCE	
	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	
2:00	BODYCOMBAT	D DANCE	BODYBALANCE	BODYCOMBAT	D LESMILLS DANCE	⊙ GRIT	D ESMILLS BODYATTACK	2:00
	2:00am-2:30am Studio1	2:00am-2:30am Studio1	2:00am-2:30am Studio1	2:00am-2:30am Studio1	2:00am-2:30am Studio1	2:00am-2:30am Studio1	2:00am-2:30am Studio1	
3:00		D LESMILLS BODYCOMBAT	DANCE	© LESMILLS BODYBALANCE	D LESMILLS BODYCOMBAT	D LESMILLS DANCE	⊘ GRiT	3:00
	3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	3:00am-3:30am	
4:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1 D LESMILLS BODYCOMBAT	Studio1	4:00
	○ GRIT 4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	U DANCE 4:00am-4:30am	BODYBALANCE 4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	
5:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	5:00
5.00	DANCE	O GRIT	O BODYATTACK	D BODYCOMBAT	DANCE	D BODYBALANCE	O BODYCOMBAT	3.0
	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	5:00am-5:30am Studio1	
6:00	D BODYCOMBAT	D LESMILLS DANCE	O'GRIT	BODYATTACK	O BODYCOMBAT	D DANCE	D LESMILLS BODYBALANCE	6:00
	6:00am-6:30pm Studio1	6:00am-6:30pm Studio1	6:00am-6:30pm Studio1	6:00am-6:30pm Studio1	6:00am-6:30pm Studio1	6:00am-6:30pm Studio1	6:00am-6:30pm Studio1	
7:00	D LESMILLS BODYBALANCE	D LESMILLS BODYCOMBAT	DANCE	OGRIT	D LESMILLS BODYATTACK	D LESMILLS BODYCOMBAT	D LESMILLS DANCE	7:00
	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	7:00pm-7:30pm	
8:00	Studio1 LESMILLS	Studio1	Studio1	Studio1	Studio1 O GRIT	Studio1	Studio1	8:00
	DANCE 8:00pm-8:30pm	8:00pm-8:30pm	BODYCOMBAT 8:00pm-8:30pm	DANCE 8:00pm-8:30pm	8:00pm-8:30pm	BODYATTACK 8:00pm-8:30pm	BODYCOMBAT 8:00pm-8:30pm	
9.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	9:00
	D LESMILLS BODYCOMBAT	DANCE	O BODYBALANCE	D LESMILLS BODYCOMBAT	DANCE	⊙ GRIT	D BODYATTACK	3.00
	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	
10:00	BODYATTACK	D BODYCOMBAT	D LESMILLS DANCE	O BODYBALANCE	D BODYCOMBAT	DANCE	O GRIT	10:00
	10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	
11:00	D LESMILLS BODYBALANCE	D LESMILLS BODYCOMBAT	LesMills	D BODYCOMBAT	D Lesmills BODYBALANCE	D LESMILLS BODYATTACK	⊙ GRIT	11:00
	11:00pm-11:30pm	11:00pm-11:30pm	11:00pm-11:30pm	11:00pm-11:30pm	11:00pm-11:30pm	11:00pm-11:30pm	11:00pm-11:30pm	
12:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	12:00
	D BODYCOMBAT 12:00pm-12:30pm Studio1	D BODYBALANCE 12:00pm-12:30pm Studio1	BODYATTACK 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	DANCE 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	
13:00		D LESMILLS BODYATTACK	D LESMILLS BODYBALANCE	LesMills	LESMILLS BODYATTACK	O GRIT	D LESMILLS BODYATTACK	13:00
	13:00pm-13:30pm Studio1	13:00pm-13:30pm Studio1	13:00pm-13:30pm Studio1	DANCE 13:00pm-13:30pm Studio1	13:00pm-13:30pm Studio1	13:00pm-13:30pm Studio1	13:00pm-13:30pm Studio1	
14:00	⊙ GRIT	O GRIT	⊙ GRIT	D LESMILLS BODYATTACK	⊙ GR IT	D LESMILLS DANCE	D DANCE	14:00
	14:00pm-14:30pm Studio1	14:00pm-14:30pm Studio1	14:00pm-14:30pm Studio1	14:00pm-14:30pm Studio1	14:00pm-14:30pm Studio1	14:00pm-14:30pm Studio1	14:00pm-14:30pm Studio1	
15:00		D BODYATTACK	DANCE	O LESMILLS BODYBALANCE	№ BODYCOMBAT	D LESMILLS BODYATTACK	O BODYBALANCE	15:00
	15:00pm-15:30pm	15:00pm-15:30pm	15:00pm-15:30pm	15:00pm-15:30pm	15:00pm-15:30pm	15:00pm-15:30pm	15:00pm-15:30pm	
16:00		Studio1	Studio1	Studio1 OGRIT	Studio1	Studio1 D LESMILLS BODYCOMBAT	Studio1	16:00
	DANCE 16:00pm-16:30pm	16:00pm-16:30pm	16:00pm-16:30pm	16:00pm-16:30pm	16:00pm-16:30pm	16:00pm-16:30pm	D LESMILLS BODYCOMBAT 16:00pm-16:30pm	
17:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	17:00
	BODYCOMBAT	DANCE	BODYBALANCE	W BODYATTACK	O GRIT	O BODYBALANCE	W DANCE	
10.00	17:00pm-17:30pm Studio1	17:00pm-17:30pm Studio1	17:00pm-17:30pm Studio1	17:00pm-17:30pm Studio1	17:00pm-17:30pm Studio1	17:00pm-17:30pm Studio1	17:00pm-17:30pm Studio1	10.00
18:00	BODYBALANCE	BODYCOMBAT	⊙ GR ÍT	BODYBALANCE	D BODYATTACK	⊙ GRIT	⊙ GRIT	18:00
	18:00pm-18:30pm Studio1	18:00pm-18:30pm Studio1	18:00pm-18:30pm Studio1	18:00pm-18:30pm Studio1	18:00pm-18:30pm Studio1	18:00pm-18:30pm Studio1	18:00pm-18:30pm Studio1	
19:00	⊙ GR IT	D LESMILLS BODYBALANCE	BODYCOMBAT	DANCE	D LESMILLS BODYBALANCE	D BODYATTACK	D BODYATTACK	19:00
	19:00pm-19:30pm	19:00pm-19:30pm	19:00pm-19:30pm	19:00pm-19:30pm	19:00pm-19:30pm	19:00pm-19:30pm	19:00pm-19:30pm	
20:00	Studio1 DESMILLS BODYATTACK	Studio1 OGRIT	Studio1 D LESMILLS BODYBALANCE	ESTUDIO1 D LESMILLS BODYCOMBAT	Studio1 LESMILLS DANCE	Studio1 LESMILLS DANCE	Studio1 D LESMILLS RODYBALANCE	20:00
	20:00pm-20:30pm	20:00pm-20:30pm	20:00pm-20:30pm	20:00pm-20:30pm	20:00pm-20:30pm	DANCE 20:00pm-20:30pm	20:00pm-20:30pm	
21:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1 D LESMILLS BODYCOMBAT	Studio1	21:00
	D RODYBALANCE 21:00pm-21:30pm	D BODYCOMBAT 21:00pm-21:30pm	21:00pm-21:30pm	O GRIT 21:00pm-21:30pm	21:00pm-21:30pm	21:00pm-21:30pm	21:00pm-21:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	22.5
22:00	DANCE	D LESMILLS BODYBALANCE	O BODYCOMBAT	DANCE	⊙ GRIT ⊙	Lesmills BODYATTACK	O BODYCOMBAT	22:0
	22:00pm-22:30pm	22:00pm-22:30pm Studio1	22:00pm-22:30pm Studio1	22:00pm-22:30pm Studio1	22:00pm-22:30pm Studio1	22:00pm-22:30pm Studio1	22:00pm-22:30pm Studio1	
	Studio1	<u>ota</u> aio±	<u> </u>					
23:00		D LESMILLS DANCE	D LESMILLS BODYBALANCE	D LESMILLS BODYCOMBAT	DANCE	⊙ GRIT	D LESMILLS BODYATTACK	23:00