



















	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	 <b>LES MILLS</b> <b>BODYBALANCE</b> 0:00pm-0:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 0:00pm-0:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 0:00pm-0:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 0:00pm-0:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 0:00pm-0:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 0:00pm-0:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 0:00pm-0:30pm Studio1	0:00
1:00	 <b>LES MILLS</b> <b>DANCE</b> 1:00pm-1:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 1:00pm-1:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 1:00pm-1:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 1:00pm-1:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 1:00pm-1:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 1:00pm-1:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 1:00pm-1:30pm Studio1	1:00
2:00	 <b>LES MILLS</b> <b>BODYATTACK</b> 2:00pm-2:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 2:00pm-2:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 2:00pm-2:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 2:00pm-2:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 2:00pm-2:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 2:00pm-2:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 2:00pm-2:30pm Studio1	2:00
3:00	 <b>LES MILLS</b> <b>GRIT</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 3:00pm-3:30pm Studio1	3:00
4:00	 <b>LES MILLS</b> <b>BODYBALANCE</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 4:00pm-4:30pm Studio1	4:00
5:00	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 5:00pm-5:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 5:00pm-5:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 5:00pm-5:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 5:00pm-5:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 5:00pm-5:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 5:00pm-5:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 5:00pm-5:30pm Studio1	5:00
6:00	 <b>LES MILLS</b> <b>DANCE</b> 6:00pm-6:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 6:00pm-6:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 6:00pm-6:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 6:00pm-6:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 6:00pm-6:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 6:00pm-6:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 6:00pm-6:30pm Studio1	6:00
7:00	 <b>LES MILLS</b> <b>GRIT</b> 7:00pm-7:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 7:00pm-7:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 7:00pm-7:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 7:00pm-7:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 7:00pm-7:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 7:00pm-7:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 7:00pm-7:30pm Studio1	7:00
8:00	 <b>LES MILLS</b> <b>BODYBALANCE</b> 8:00pm-8:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 8:00pm-8:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 8:00pm-8:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 8:00pm-8:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 8:00pm-8:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 8:00pm-8:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 8:00pm-8:30pm Studio1	8:00
9:00	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 9:00pm-9:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 3:00pm-3:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 3:00pm-3:30pm Studio1	9:00
10:00	 <b>LES MILLS</b> <b>BODYBALANCE</b> 10:00pm-10:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 4:00pm-4:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 4:00pm-4:30pm Studio1	10:00
11:00	 <b>LES MILLS</b> <b>DANCE</b> 11:00am-11:30am Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 11:00am-11:30am Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 11:00am-11:30am Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 11:00am-11:30am Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 11:00am-11:30am Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 11:00am-11:30am Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 11:00am-11:30am Studio1	11:00
12:00	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 12:00pm-12:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 12:00pm-12:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 12:00pm-12:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 12:00pm-12:30pm Studio1	ヨガレッスン 11:40pm-12:40pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 12:00pm-12:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 12:00pm-12:30pm Studio1	12:00
13:00	 <b>LES MILLS</b> <b>BODYATTACK</b> 13:00pm-13:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 13:00pm-13:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 13:00pm-13:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 13:00pm-13:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 13:00pm-13:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 13:00pm-13:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 13:00pm-13:30pm Studio1	13:00
14:00	 <b>LES MILLS</b> <b>GRIT</b> 14:00pm-14:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 14:00pm-14:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 14:00pm-14:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 14:00pm-14:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 14:00pm-14:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 14:00pm-14:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 14:00pm-14:30pm Studio1	14:00
15:00	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 15:00pm-15:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 15:00pm-15:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 15:00pm-15:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 15:00pm-15:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 15:00pm-15:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 15:00pm-15:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 15:00pm-15:30pm Studio1	15:00
16:00	 <b>LES MILLS</b> <b>BODYBALANCE</b> 16:00pm-16:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 16:00pm-16:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 16:00pm-16:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 16:00pm-16:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 16:00pm-16:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 16:00pm-16:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 16:00pm-16:30pm Studio1	16:00
17:00	 <b>LES MILLS</b> <b>DANCE</b> 17:00pm-17:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 17:00pm-17:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 17:00pm-17:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 17:00pm-17:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 17:00pm-17:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 17:00pm-17:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 17:00pm-17:30pm Studio1	17:00
18:00	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 18:00pm-18:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 18:00pm-18:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 18:00pm-18:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 18:00pm-18:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 18:00pm-18:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 18:00pm-18:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 18:00pm-18:30pm Studio1	18:00
19:00	 <b>LES MILLS</b> <b>BODYATTACK</b> 19:00pm-19:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 19:00pm-19:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 19:00pm-19:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 19:00pm-19:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 19:00pm-19:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 19:00pm-19:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 19:00pm-19:30pm Studio1	19:00
20:00	 <b>LES MILLS</b> <b>BODYBALANCE</b> 20:00pm-20:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 20:00pm-20:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 20:00pm-20:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 20:00pm-20:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 20:00pm-20:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 20:00pm-20:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 20:00pm-20:30pm Studio1	20:00
21:00	 <b>LES MILLS</b> <b>DANCE</b> 21:00am-21:30am Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 21:00am-21:30am Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 21:00am-21:30am Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 21:00am-21:30am Studio1	 <b>LES MILLS</b> <b>DANCE</b> 21:00am-21:30am Studio1	 <b>LES MILLS</b> <b>GRIT</b> 21:00am-21:30am Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 21:00am-21:30am Studio1	21:00
22:00	 <b>LES MILLS</b> <b>GRIT</b> 22:00pm-22:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 22:00pm-22:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 22:00pm-22:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 22:00pm-22:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 22:00pm-22:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 22:00pm-22:30pm Studio1	 <b>LES MILLS</b> <b>BODYATTACK</b> 22:00pm-22:30pm Studio1	22:00
23:00	 <b>LES MILLS</b> <b>BODYATTACK</b> 23:00pm-23:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 23:00pm-23:30pm Studio1	 <b>LES MILLS</b> <b>BODYCOMBAT</b> 23:00pm-23:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 23:00pm-23:30pm Studio1	 <b>LES MILLS</b> <b>GRIT</b> 23:00pm-23:30pm Studio1	 <b>LES MILLS</b> <b>BODYBALANCE</b> 23:00pm-23:30pm Studio1	 <b>LES MILLS</b> <b>DANCE</b> 23:00pm-23:30pm Studio1	23:00