HYPER FII24 钇偲店			Group Exercise Timetable			<i>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</i>		
	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	D BODYCOMBAT 0:00am-0:30am Studio1	D RODYBALANCE 0:00am-0:30am Studio1	D LESMILLS BODYCOMBAT 0:00am-0:30am Studio1	D LESMILLS BODYBALANCE 0:00am-0:30am Studio1	D BODYATTACK 0:00am-0:30am Studio1	D LESMILLS BODYBALANCE 0:00am-0:30am Studio1	D LESMILLS BODYCOMBAT 0:00am-0:30am Studio1	0:00
1:00	VIRTUAL DANCE 1:00am-1:30am Studio1	BODYATTACK 1:00am-1:30am Studio1	D LESMILLS BODYBALANCE 1:00am-1:30am Studio1	VIRTUAL DANCE 1:00am-1:30am Studio1	D LESMILLS BODYBALANCE 1:00am-1:30am Studio1	VIRTUAL DANCE 1:00am-1:30am Studio1	D GRIT 1:00am-1:30am Studio1	1:00
2:00	D LESMILLS BODYBALANCE 2:00am-2:30am Studio1	OGRIT 2:00am-2:30am Studio1	VIRTUAL DANCE 2:00am-2:30am Studio1	DESMILLS BODYATTACK 2:00am-2:30am Studio1	D LESMILLS BODYCOMBAT 2:00am-2:30am Studio1	OGRIT 2:00am-2:30am Studio1	D LESMILLS BODYBALANCE 2:00am-2:30am Studio1	2:00
3:00	D LESMILLS BODYCOMBAT 3:00am-3:30am	D LESMILLS BODYBALANCE 3:00am-3:30am	BODYATTACK 3:00am-3:30am	D LESMILLS BODYCOMBAT 3:00am-3:30am	OGRIT 3:00am-3:30am	D LESMILLS BODYATTACK 3:00am-3:30am	D LESMILLS BODYCOMBAT 3:00am-3:30am	3:00
4:00	D LESMILLS BODYBALANCE 4:00am-4:30am Studio1	VIRTUAL DANCE 4:00am-4:30am Studio1	D LesMILLS BODYBALANCE 4:00am-4:30am Studio1	OGRIT 4:00am-4:30am Studio1	VIRTUAL DANCE 4:00am-4:30am Studio1	D BODYCOMBAT 4:00am-4:30am Studio1	VIRTUAL DANCE 4:00am-4:30am Studio1	4:00
5:00	D BODYCOMBAT 5:00am-5:30am Studio1	BODYATTACK 5:00am-5:30am Studio1	D LESMILLS BODYCOMBAT 5:00am-5:30am Studio1	D LESMILLS BODYBALANCE 5:00am-5:30am Studio1	BODYATTACK 5:00am-5:30am Studio1	VIRTUAL DANCE 5:00am-5:30am Studio1	BODYCOMBAT 5:00am-5:30am Studio1	5:00
6:00	VIRTUAL DANCE 6:00am-6:30am Studio1	© BODYBALANCE 6:00am-6:30am Studio1	VIRTUAL DANCE 6:00am-6:30am Studio1	BODYATTACK 6:00am-6:30am Studio1	BODYBALANCE 6:00am-6:30am Studio1	6:00am-6:30am	© BODYBALANCE 6:00am-6:30am Studio1	6:00
7:00	D LESMILLS BODYCOMBAT 7:00am-7:30am	D LESMILLS BODYATTACK 7:00am-7:30am	D LesMILLS BODYBALANCE 7:00am-7:30am	D LESMILLS BODYCOMBAT 7:00am-7:30am	O GRIT 7:00am-7:30am	D LESMILLS BODYCOMBAT 7:00am-7:30am	O GRIT 7:00am-7:30am	7:00
8:00	Studio1 LESMILLS BODYBALANCE 8:00am-8:30am	Studio1 OGRIT 8:00am-8:30am	VIRTUAL DANCE 8:00am-8:30am	Studio1 LESMILLS BODYATTACK 8:00am-8:30am Studio1	Studio1 D LESMILLS BODYCOMBAT 8:00am-8:30am	Studio1 D LESMILLS BODYBALANCE 8:00am-8:30am Ctudio1	Studio1 LESMILLS BODYCOMBAT 8:00am-8:30am	8:00
9:00	Studio1 D LESMILLS BODYCOMBAT 9:00am-9:30am	Studio1 D LESMILLS BODYBALANCE 9:00am-9:30am	Studio1 D LESMILLS BODYATTACK 9:00am-9:30am	Studio1 D LESMILLS BODYCOMBAT 9:00am-9:30am	Studio1 D LESMILLS BODYBALANCE 9:00am-9:30am	Studio1 D LESMILLS BODYATTACK 9:00am-9:30am	Studio1 D LESMILLS BODYBALANCE 9:00am-9:30am	9:00
10:00	BODYATTACK 10:00am-10:30am Studio1	VIRTUAL DANCE 10:00am-10:30am Studio1	D LESMILLS BODYBALANCE 10:00am-10:30am Studio1	OGRIT 10:00am-10:30am Studio1	VIRTUAL DANCE 10:00am-10:30am Studio1	D BODYCOMBAT 10:00am-10:30am Studio1	VIRTUAL DANCE 10:00am-10:30am Studio1	10:00
11:00	D LesMILLS BODYCOMBAT 11:00am-11:30am Studio1	D BODYBALANCE 11:00am-11:30am Studio1	D LESMILLS BODYCOMBAT 11:00am-11:30am Studio1	D LESMILLS BODYBALANCE 11:00am-11:30am Studio1	D LESMILLS BODYATTACK 11:00am-11:30am Studio1	D LESMILLS BODYBALANCE 11:00am-11:30am Studio1	D LESMILLS BODYCOMBAT 11:00am-11:30am Studio1	11:00
12:00	VIRTUAL DANCE 12:00pm-12:30pm Studio1	D BODYATTACK 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	VIRTUAL DANCE 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	VIRTUAL DANCE 12:00pm-12:30pm Studio1	OGRIT 12:00pm-12:30pm Studio1	12:00
13:00	D LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	VIRTUAL DANCE 1:00pm-1:30pm Studio1	DESMILLS BODYATTACK 1:00pm-1:30pm Studio1	D LESMILLS BODYCOMBAT 1:00pm-1:30pm Studio1	OGRIT 1:00pm-1:30pm Studio1	D LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	13:00
14:00	D LESMILLS BODYCOMBAT 2:00pm-2:30pm	D LESMILLS BODYBALANCE 2:00pm-2:30pm	D LESMILLS BODYATTACK 2:00pm-2:30pm	D LESMILLS BODYCOMBAT 2:00pm-2:30pm	OGRIT 2:00pm-2:30pm	DESMILLS BODYATTACK 2:00pm-2:30pm	D LESMILLS BODYCOMBAT 2:00pm-2:30pm	14:00
15:00	BODYATTACK 3:00pm-3:30pm	VIRTUAL DANCE 3:00pm-3:30pm	BODYBALANCE 3:00pm-3:30pm	OGRIT 3:00pm-3:30pm	VIRTUAL DANCE 3:00pm-3:30pm	D BODYCOMBAT 3:00pm-3:30pm	VIRTUAL DANCE 3:00pm-3:30pm	15:00
16:00	Studio1 OGRIT 4:00pm-4:30pm	Studio1 DESMILLS BODYCOMBAT 4:00pm-4:30pm	VIRTUAL DANCE 4:00pm-4:30pm	Studio1 DESMILLS BODYBALANCE 4:00pm-4:30pm	Studio1 D LESMILLS BODYCOMBAT 4:00pm-4:30pm	Studio1 DESMILLS BODYATTACK 4:00pm-4:30pm	Studio1 Desmills BODYATTACK 4:00pm-4:30pm	16:00
17:00	Studio1 VIRTUAL DANCE 5:00pm-5:30pm Studio1	Studio1 D LESMILLS BODYBALANCE 5:00pm-5:30pm Studio1	Studio1 OGRIT 5:00pm-5:30pm Studio1	Studio1 VIRTUAL DANCE 5:00pm-5:30pm Studio1	Studio1 LESMILLS BODYATTACK 5:00pm-5:30pm Studio1	Studio1 LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	Studio1 D LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	17:00
18:00	6:00pm-6:30pm Studio1	EESMILLS BODYATTACK 6:00pm-6:30pm Studio1	EPSMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	EESMILLS BODYATTACK 6:00pm-6:30pm Studio1	6:00pm-6:30pm	BODYATTACK 6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	18:00
19:00	3だはいり ヨガレッスン 7:00pm-8:00pm	O GRIT 7:00pm-7:30pm	VIRTUAL DANCE 7:00pm-7:30pm	D LESMILLS BODYCOMBAT 7:00pm-7:30pm	D LESMILLS BODYBALANCE 7:00pm-7:30pm	O GRIT 7:00pm-7:30pm	D LESMILLS BODYBALANCE 7:00pm-7:30pm	19:00
20:00	Studio1 Lesmills BODYATTACK 8:00pm-8:30pm	Studio1 D LESMILLS BODYCOMBAT 8:00pm-8:30pm	Studio1 D LESMILLS BODYBALANCE 8:00pm-8:30pm	Studio1 GRIT 8:00pm-8:30pm	Studio1 VIRTUAL DANCE 8:00pm-8:30pm	Studio1 D LESMILLS BODYBALANCE 8:00pm-8:30pm	Studio1 D LesMILLS BODYATTACK 8:00pm-8:30pm	20:00
21:00	Studio1 Lesmills BODYCOMBAT 9:00pm-9:30pm Studio1	Studio1 LESMILLS BODYBALANCE 9:00pm-9:30pm Studio1	Studio1 LESMILLS BODYATTACK 9:00pm-9:30pm Studio1	Studio1 VIRTUAL DANCE 9:00pm-9:30pm	Studio1 LESMILLS BODYATTACK 9:00pm-9:30pm Studio1	Studio1 VIRTUAL DANCE 9:00pm-9:30pm	Studio1 OGRIT 9:00pm-9:30pm Studio1	21:00
22:00	Studio1 D LESMILLS BODYBALANCE 10:00pm-10:30pm	Studio1 LESMILLS BODYATTACK 10:00pm-10:30pm	VIRTUAL DANCE 10:00pm-10:30pm	Studio1 D LESMILLS BODYBALANCE 10:00pm-10:30pm Studio1	Studio1 DESMILLS BODYCOMBAT 10:00pm-10:30pm	Studio1 LESMILLS BODYATTACK 10:00pm-10:30pm	VIRTUAL DANCE 10:00pm-10:30pm	22:00
23:00	Studio1 O GRIT	Studio1 Lesmills BODYBALANCE	Studio1 OGRIT	Studio1 D LESMILLS BODYCOMBAT	Studio1	Studio1 D LESMILLS BODYBALANCE	Studio1 LESMILLS BODYATTACK	23:00