HYPER FIT24 福井丸岡店    FIRED   V曜日			Group Exercise Timetable			HF GNHER FUT EU® 土曜日 日曜日		
1:00	OGRIT  1:00pm-1:30pm  Studio1	BODYATTACK  1:00pm-1:30pm  Studio1	D LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	OGRIT  1:00pm-1:30pm Studio1	D LESMILLS BODYCOMBAT  1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	BODYATTACK  1:00pm-1:30pm  Studio1	1:00
2:00	D LESMILLS BODYBALANCE 2:00pm-2:30pm Studio1	O GRIT 2:00pm-2:30pm Studio1	D LESMILLS BODYCOMBAT 2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	BODYATTACK 2:00pm-2:30pm Studio1	D LESMILLS BODYBALANCE 2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	2:00
3:00	D LESMILLS BODYCOMBAT 3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	BODYATTACK 3:00pm-3:30pm Studio1	D BODYBALANCE 3:00pm-3:30pm Studio1	DANCE 3:00pm-3:30pm Studio1	BODYCOMBAT 3:00pm-3:30pm Studio1	O GRIT  3:00pm-3:30pm  Studio1	3:00
4:00	D BODYATTACK 4:00pm-4:30pm Studio1	BODYBALANCE 4:00pm-4:30pm Studio1	DANCE 4:00pm-4:30pm Studio1	D BODYCOMBAT  4:00pm-4:30pm  Studio1	O GRIT 4:00pm-4:30pm Studio1	BODYATTACK 4:00pm-4:30pm Studio1	BODYBALANCE 4:00pm-4:30pm Studio1	4:00
5:00	DANCE 5:00pm-5:30pm Studio1	ESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	OGRIT  5:00pm-5:30pm Studio1	BODYATTACK 5:00pm-5:30pm Studio1	ESMILLS BODYBALANCE 5:00pm-5:30pm Studio1	OGRIT 5:00pm-5:30pm Studio1	D LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	5:00
6:00	6:00pm-6:30pm Studio1	BODYATTACK 6:00pm-6:30pm Studio1	ESMILLS BODYBALANCE 6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	D LESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	DANCE 6:00pm-6:30pm Studio1	BODYATTACK 6:00pm-6:30pm Studio1	6:00
7:00	D LESMILLS BODYBALANCE 7:00pm-7:30pm Studio1	O GRIT 7:00pm-7:30pm Studio1	D LESMILLS BODYCOMBAT 7:00pm-7:30pm Studio1	DANCE 7:00pm-7:30pm Studio1	D LESMILLS BODYATTACK 7:00pm-7:30pm Studio1	D LESMILLS BODYBALANCE 7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00
8:00	BODYCOMBAT 8:00pm-8:30pm Studio1	B:00pm-8:30pm Studio1	BESMILLS BODYATTACK 8:00pm-8:30pm Studio1	BODYBALANCE 8:00pm-8:30pm Studio1	B:00pm-8:30pm Studio1	BODYCOMBAT 8:00pm-8:30pm Studio1	ESMILLS 8:00pm-8:30pm Studio1	8:00
9:00	D LESMILLS BODYATTACK 9:00pm-9:30pm Studio1	D LESMILLS BODYBALANCE 3:00pm-3:30pm Studio1	DANCE 3:00pm-3:30pm Studio1	BODYCOMBAT  3:00pm-3:30pm  Studio1	OGRIT 3:00pm-3:30pm Studio1	D BODYATTACK 3:00pm-3:30pm Studio1	D LESMILLS BODYBALANCE 3:00pm-3:30pm Studio1	9:00
10:00	10:00pm-10:30pm Studio1	D LESMILLS BODYCOMBAT 4:00pm-4:30pm Studio1	OGRIT 4:00pm-4:30pm Studio1	BODYATTACK  4:00pm-4:30pm  Studio1	D LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	OGRIT 4:00pm-4:30pm Studio1	D BODYCOMBAT  4:00pm-4:30pm  Studio1	10:00
11:00	D LESMILLS BODYBALANCE 11:00am-11:30am Studio1	D LESMILLS BODYCOMBAT  11:00am-11:30am  Studio1	D LESMILLS BODYBALANCE 11:00am-11:30am Studio1	DANCE 11:00am-11:30am Studio1	D BODYCOMBAT  11:00am-11:30am  Studio1	BODYATTACK  11:00am-11:30am  Studio1	DANCE 11:00am-11:30am Studio1	11:00
12:00	D LESMILLS BODYCOMBAT  12:00pm-12:30pm Studio1	BODYATTACK  12:00pm-12:30pm  Studio1	12:00pm-12:30pm Studio1	D Lesmills BODYBALANCE 12:00pm-12:30pm Studio1	DESMILLS BODYATTACK  12:00pm-12:30pm  Studio1	OGRIT  12:00pm-12:30pm Studio1	OGRIT  12:00pm-12:30pm  Studio1	12:00
13:00	D LESMILLS BODYATTACK 13:00pm-13:30pm Studio1	LESMILLS DANCE 13:00pm-13:30pm Studio1	OGRIT  13:00pm-13:30pm  Studio1	D LESMILLS BODYCOMBAT  13:00pm-13:30pm  Studio1	D LESMILLS BODYBALANCE 13:00pm-13:30pm Studio1	13:00pm-13:30pm Studio1	D BODYCOMBAT  13:00pm-13:30pm  Studio1	13:00
14:00	D LESMILLS BODYBALANCE 14:00pm-14:30pm Studio1	D LESMILLS BODYCOMBAT  14:00pm-14:30pm Studio1	D LESMILLS BODYBALANCE 14:00pm-14:30pm Studio1	DANCE 14:00pm-14:30pm Studio1	D LESMILLS BODYCOMBAT  14:00pm-14:30pm  Studio1	D RODYBALANCE  14:00pm-14:30pm  Studio1	D LESMILLS BODYBALANCE 14:00pm-14:30pm Studio1	14:00
15:00	DANCE 15:00pm-15:30pm Studio1	D LESMILLS BODYBALANCE 15:00pm-15:30pm Studio1	D LESMILLS BODYCOMBAT  15:00pm-15:30pm  Studio1	OGRIT  15:00pm-15:30pm  Studio1	DANCE 15:00pm-15:30pm Studio1	D LESMILLS BODYCOMBAT  15:00pm-15:30pm Studio1	DESMILLS BODYATTACK  15:00pm-15:30pm Studio1	15:00
16:00	D LESMILLS BODYBALANCE 16:00pm-16:30pm Studio1	O GRIT  16:00pm-16:30pm  Studio1	DANCE 16:00pm-16:30pm Studio1	D BODYCOMBAT  16:00pm-16:30pm  Studio1	D LESMILLS BODYBALANCE 16:00pm-16:30pm Studio1	D LESMILLS BODYBALANCE 16:00pm-16:30pm Studio1	D LESMILLS BODYBALANCE 16:00pm-16:30pm Studio1	16:00
17:00	D LESMILLS BODYCOMBAT  17:00pm-17:30pm  Studio1	D LESMILLS BODYBALANCE 17:00pm-17:30pm Studio1	D LESMILLS BODYCOMBAT  17:00pm-17:30pm  Studio1	D LESMILLS BODYBALANCE 17:00pm-17:30pm Studio1	OGRIT  17:00pm-17:30pm  Studio1	DANCE 17:00pm-17:30pm Studio1	D LESMILLS BODYCOMBAT  17:00pm-17:30pm  Studio1	17:00
18:00	O GRIT 18:00pm-18:30pm Studio1	18:00pm-18:30pm	OGRIT  18:00pm-18:30pm  Studio1	BODYATTACK  18:00pm-18:30pm  Studio1	D BODYCOMBAT  18:00pm-18:30pm  Studio1	O GRIT  18:00pm-18:30pm  Studio1	LESMILLS DANCE 18:00pm-18:30pm Studio1	18:00
19:00	D LESMILLS BODYATTACK  19:00pm-19:30pm  Studio1	OGRIT  19:00pm-19:30pm Studio1	D LESMILLS BODYATTACK 19:00pm-19:30pm Studio1	OGRIT  19:00pm-19:30pm  Studio1	D LESMILLS BODYATTACK  19:00pm-19:30pm  Studio1	D LESMILLS BODYATTACK  19:00pm-19:30pm Studio1	D LESMILLS BODYBALANCE 19:00pm-19:30pm Studio1	19:00
20:00	D LESMILLS BODYCOMBAT 20:00pm-20:30pm Studio1	DESMILLS BODYATTACK  20:00pm-20:30pm Studio1	D LESMILLS BODYBALANCE 20:00pm-20:30pm Studio1	D LesMILLS BODYBALANCE 20:00pm-20:30pm Studio1	OGRIT  20:00pm-20:30pm  Studio1	20:00pm-20:30pm Studio1	D LESMILLS BODYCOMBAT 20:00pm-20:30pm Studio1	20:00
21:00	OGRIT 21:00am-21:30am Studio1	D Lesmills BODYATTACK 21:00am-21:30am Studio1	D LESMILLS BODYBALANCE 21:00am-21:30am Studio1	OGRIT 21:00am-21:30am Studio1	D BODYCOMBAT  21:00am-21:30am  Studio1	21:00am-21:30am Studio1	DESMILLS BODYATTACK  21:00am-21:30am  Studio1	21:00
22:00	D Lesmills BODYBALANCE 22:00pm-22:30pm Studio1	O GRIT 22:00pm-22:30pm Studio1	D BODYCOMBAT  22:00pm-22:30pm  Studio1	DANCE 22:00pm-22:30pm Studio1	D BODYATTACK  22:00pm-22:30pm  Studio1	BODYBALANCE 22:00pm-22:30pm Studio1	DANCE 22:00pm-22:30pm Studio1	22:00
23:00	D LESMILLS BODYCOMBAT 23:00pm-23:30pm Studio1	DANCE 23:00pm-23:30pm Studio1	BODYATTACK  23:00pm-23:30pm  Studio1	D LESMILLS BODYBALANCE 23:00pm-23:30pm Studio1	23:00pm-23:30pm Studio1	D LESMILLS BODYCOMBAT 23:00pm-23:30pm Studio1	OGRIT 23:00pm-23:30pm Studio1	23:00