HYPER FIT24 小浜店			Group Exercise Timetable			HF HYFER FITEH®		
	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	O GRIT	DANCE	D LESMILLS BODYATTACK	D LESMILLS BODYCOMBAT	BODYATTACK	D LESMILLS BODYBALANCE	LESMILLS	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 D LESMILLS BODYCOMBAT	Studio1 O GRIT	Studio1 D LESMILLS RODYCOMBAT	Studio1	Studio1	Studio1	Studio1 D LESMILLS BODYBALANCE	1:00
	1:00am-1:30am	UGRIT 1:00am-1:30am	1:00am-1:30am	1:00am-1:30am	1:00am-1:30am	1:00am-1:30am	1:00am-1:30am	
2.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	2.00
2:00	O BODYBALANCE	O BODYBALANCE	DANCE	O BODYATTACK	O GRIT	D BODYBALANCE	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	LESMILLS	D LESMILLS BODYATTACK	D LESMILLS BODYBALANCE	O BODYCOMBAT	D LESMILLS BODYCOMBAT	O GRIT	⊙ 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 OGRIT	Studio1	Studio1 GRIT	Studio1	Studio1	Studio1	4:00
	BODYATTACK 4:00am-4:30am	OGRIT 4:00am-4:30am	BODYATTACK 4:00am-4:30am	OGRIT 4:00am-4:30am	4:00am-4:30am	BODYATTACK 4:00am-4:30am	4:00am-4:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
5:00	D BODYCOMBAT	O BODYCOMBAT	O GRIT	D LESMILLS BODYBALANCE	O BODYBALANCE	O BODYCOMBAT	DANCE	5:00
	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	O GRIT	LesMILLS	O BODYCOMBAT	D LESMILLS BODYATTACK	D LESMILLS BODYATTACK	LESMILLS	O LESMILLS BODYBALANCE	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	Studio1	Studio1	Studio1	Studio1	Studio1	7:00
	7:00am-7:30am	7:00am-7:30am	D BODYBALANCE 7:00am-7:30am	O BODYCOMBAT 7:00am-7:30am	D BODYCOMBAT 7:00am-7:30am	7:00am-7:30am	OGRIT 7:00am-7:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
8:00	D BODYATTACK	O BODYBALANCE	BODYATTACK	O GRIT	DANCE	BODYATTACK	D BODYCOMBAT	8:00
	8:00am-8:30am Studio1	8:00am-8:30am Studio1	8:00am-8:30am Studio1	8:00am-8:30am Studio1	8:00am-8:30am Studio1	8:00am-8:30am Studio1	8:00am-8:30am Studio1	
9:00	D LESMILLS BODYCOMBAT	O GRIT	⊙ GRIT	D LESMILLS BODYBALANCE	D LESMILLS BODYBALANCE	OGRIT	D LESMILLS BODYATTACK	9:00
	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	
10:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1 D LESMILLS BODYCOMBAT	Studio1	10:00
	OGRIT 10:00am-10:30am	10:00am-10:30am	D BODYCOMBAT 10:00am-10:30am	DANCE 10:00am-10:30am	OGRIT 10:00am-10:30am	10:00am-10:30am	D BODYBALANCE 10:00am-10:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
11:00	D BODYBALANCE	BODYATTACK	O BODYBALANCE	BODYCOMBAT	D BODYCOMBAT	D BODYBALANCE	DANCE	11:00
	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	LESMILLS	D LESMILLS BODYBALANCE	LESMILLS	O GRIT	LESMILLS	D LESMILLS BODYATTACK	D LESMILLS BODYBALANCE	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 LesMills	Studio1	Studio1 O GRIT	Studio1	Studio1	Studio1 O GRIT	Studio1	13:00
	BODYATTACK 1:00pm-1:30pm	1:00pm-1:30pm	1:00pm-1:30pm	1:00pm-1:30pm	D BODYBALANCE 1:00pm-1:30pm	OGRIT 1:00pm-1:30pm	1:00pm-1:30pm	
14.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	14.00
14:00	⊙ GRIT	DANCE	BODYATTACK	O BODYCOMBAT	D BODYCOMBAT	O BODYBALANCE	DANCE	14:00
	2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	2:00pm-2:30pm Studio1	
15:00	D LesMILLS BODYCOMBAT	O GRIT	O BODYCOMBAT	LESMILLS	D BODYATTACK	O BODYCOMBAT	O BODYBALANCE	15:00
	3:00pm-3:30pm	3:00pm-3:30pm	3:00pm-3:30pm	3:00pm-3:30pm	3:00pm-3:30pm	3:00pm-3:30pm	3:00pm-3:30pm	
16:00	Studio1 D LESMILLS RODYRALANCE	Studio1 D LESMILLS RODYRALANCE	Studio1	Studio1	Studio1 OGRIT	Studio1	Studio1 LESMILLS BODYATTACK	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	Studio1 LESMILLS	Studio1	Studio1	Studio1	Studio1	Studio1	17:00
	DANCE 5:00pm-5:30pm	BODYATTACK 5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	5:00pm-5:30pm	D BODYBALANCE 5:00pm-5:30pm	OGRIT 5:00pm-5:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
18:00	BODYATTACK	⊙ GRIT	BODYATTACK	⊙ GRIT	DANCE	BODYATTACK	O BODYCOMBAT	18:00
	6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	
19:00	D LESMILLS BODYCOMBAT	D LESMILLS BODYCOMBAT	O GRIT	D LESMILLS BODYBALANCE	D LESMILLS BODYBALANCE	O GRIT	LESMILLS	19:00
	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	
20:00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	20:00
	O GRIT 8:00pm-8:30pm	DANCE 8:00pm-8:30pm	BODYCOMBAT 8:00pm-8:30pm	BODYATTACK 8:00pm-8:30pm	BODYATTACK 8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	
24.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	24.00
21:00	O BODYBALANCE	D BODYATTACK	D LesMILLS BODYBALANCE	D BODYCOMBAT	O GRIT	D BODYBALANCE	BODYATTACK	21:00
	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	
22:00	LESMILLS	D LESMILLS BODYBALANCE	D LESMILLS BODYATTACK	⊙ GRIT	DANCE	D LESMILLS BODYATTACK	D LESMILLS BODYBALANCE	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 GRIT	Studio1	23:00
	BODYATTACK 11:00pm-11:30pm	11:00pm-11:30pm	OGRIT 11:00pm-11:30pm	11:00pm-11:30pm	D BODYBALANCE 11:00pm-11:30pm	11:00pm-11:30pm	U BODYCOMBAT 11:00pm-11:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	