

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