

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	LES MILLS BODYATTACK 0:00am-0:30am Studio1	LES MILLS GRIT 0:00am-0:30am Studio1	LES MILLS DANCE 0:00am-0:30am Studio1	LES MILLS BODYCOMBAT 0:00am-0:30am Studio1	LES MILLS BODYBALANCE 0:00am-0:30am Studio1	LES MILLS BODYATTACK 0:00am-0:30am Studio1	LES MILLS GRIT 0:00am-0:30am Studio1	0:00
1:00	LES MILLS BODYBALANCE 1:00am-1:30am Studio1	LES MILLS BODYATTACK 1:00am-1:30am Studio1	LES MILLS GRIT 1:00am-1:30am Studio1	LES MILLS DANCE 1:00am-1:30am Studio1	LES MILLS BODYCOMBAT 1:00am-1:30am Studio1	LES MILLS BODYBALANCE 1:00am-1:20am Studio1	LES MILLS BODYATTACK 1:00am-1:30am Studio1	1:00
2:00	LES MILLS BODYCOMBAT 2:00am-2:30am Studio1	LES MILLS BODYBALANCE 2:00am-2:20am Studio1	LES MILLS BODYATTACK 2:00am-2:30am Studio1	LES MILLS GRIT 2:00am-2:30am Studio1	LES MILLS DANCE 2:00am-2:30am Studio1	LES MILLS BODYCOMBAT 2:00am-2:30am Studio1	LES MILLS BODYBALANCE 2:00am-2:20am Studio1	2:00
3:00	LES MILLS DANCE 3:00am-3:30am Studio1	LES MILLS BODYCOMBAT 3:00am-3:30am Studio1	LES MILLS BODYBALANCE 3:00am-3:30am Studio1	LES MILLS BODYATTACK 3:00am-3:30am Studio1	LES MILLS GRIT 3:00am-3:30am Studio1	LES MILLS DANCE 3:00am-3:30am Studio1	LES MILLS BODYCOMBAT 3:00am-3:30am Studio1	3:00
4:00	LES MILLS GRIT 4:00am-4:30am Studio1	LES MILLS DANCE 4:00am-4:30am Studio1	LES MILLS BODYCOMBAT 4:00am-4:30am Studio1	LES MILLS BODYBALANCE 4:00am-4:30am Studio1	LES MILLS BODYATTACK 4:00am-4:30am Studio1	LES MILLS GRIT 4:00am-4:30am Studio1	LES MILLS DANCE 4:00am-4:30am Studio1	4:00
5:00	LES MILLS BODYATTACK 5:00am-5:30am Studio1	LES MILLS GRIT 5:00am-5:30am Studio1	LES MILLS DANCE 5:00am-5:30am Studio1	LES MILLS BODYCOMBAT 5:00am-5:30am Studio1	LES MILLS BODYBALANCE 5:00am-5:20am Studio1	LES MILLS BODYATTACK 5:00am-5:30am Studio1	LES MILLS GRIT 5:00am-5:30am Studio1	5:00
6:00	LES MILLS BODYBALANCE 6:00am-6:30am Studio1	LES MILLS BODYATTACK 6:00am-6:30am Studio1	LES MILLS GRIT 6:00am-6:30am Studio1	LES MILLS DANCE 6:00am-6:30am Studio1	LES MILLS BODYCOMBAT 6:00am-6:30am Studio1	LES MILLS BODYBALANCE 6:00am-6:30am Studio1	LES MILLS BODYATTACK 6:00am-6:30am Studio1	6:00
7:00	LES MILLS BODYCOMBAT 7:00am-7:30am Studio1	LES MILLS BODYBALANCE 7:00am-7:30am Studio1	LES MILLS BODYATTACK 7:00am-7:30am Studio1	LES MILLS GRIT 7:00am-7:30am Studio1	LES MILLS DANCE 7:00am-7:30am Studio1	LES MILLS BODYCOMBAT 7:00am-7:30am Studio1	LES MILLS BODYBALANCE 7:00am-7:30am Studio1	7:00
8:00	LES MILLS DANCE 8:00am-8:30am Studio1	LES MILLS BODYCOMBAT 8:00am-8:30am Studio1	LES MILLS BODYBALANCE 8:00am-8:20am Studio1	LES MILLS BODYATTACK 8:00am-8:30am Studio1	LES MILLS GRIT 8:00am-8:30am Studio1	LES MILLS DANCE 8:00am-8:45am Studio1	LES MILLS BODYCOMBAT 8:00am-8:45am Studio1	8:00
9:00	LES MILLS GRIT 9:00am-9:30am Studio1	LES MILLS DANCE 9:00am-9:30am Studio1	LES MILLS BODYCOMBAT 9:00am-9:30am Studio1	LES MILLS BODYBALANCE 9:00am-9:30am Studio1	LES MILLS BODYATTACK 9:00am-9:30am Studio1	LES MILLS GRIT 9:00am-9:30am Studio1	LES MILLS DANCE 9:00am-9:45am Studio1	9:00
10:00	LES MILLS BODYATTACK 10:00am-10:30am Studio1	LES MILLS GRIT 10:00am-10:30am Studio1	LES MILLS DANCE 10:00am-10:30am Studio1	LES MILLS BODYCOMBAT 10:00am-10:30am Studio1	LES MILLS BODYCOMBAT 10:00am-10:30am Studio1	LES MILLS BODYATTACK 10:00am-10:45am Studio1	LES MILLS GRIT 10:00am-10:30am Studio1	10:00
11:00	LES MILLS BODYBALANCE 11:00am-11:20am Studio1	リクエストタイム 11:00am-11:45am Studio1	LES MILLS GRIT 11:00am-11:30am Studio1	LES MILLS DANCE 11:00am-11:30am Studio1	ヨガレッスン 11:00am-12:00am Studio1	LES MILLS BODYBALANCE 11:00am-11:45am Studio1	LES MILLS BODYATTACK 11:00am-11:45am Studio1	11:00
12:00	LES MILLS BODYCOMBAT 12:00pm-12:30pm Studio1	LES MILLS BODYBALANCE 12:00pm-12:30pm Studio1	LES MILLS BODYATTACK 12:00pm-12:30pm Studio1	LES MILLS GRIT 12:00pm-12:30pm Studio1	LES MILLS DANCE 12:15pm-12:45pm Studio1	LES MILLS BODYCOMBAT 12:00pm-12:45pm Studio1	LES MILLS BODYBALANCE 12:00pm-12:45pm Studio1	12:00
13:00	LES MILLS DANCE 1:00pm-1:30pm Studio1	LES MILLS BODYCOMBAT 1:00pm-1:30pm Studio1	LES MILLS BODYBALANCE 1:00pm-1:30pm Studio1	LES MILLS BODYATTACK 1:00pm-1:30pm Studio1	LES MILLS GRIT 1:00pm-1:30pm Studio1	LES MILLS DANCE 1:00pm-1:45pm Studio1	LES MILLS BODYCOMBAT 1:00pm-1:45pm Studio1	13:00
14:00	LES MILLS GRIT 2:00pm-2:30pm Studio1	LES MILLS DANCE 2:00pm-2:30pm Studio1	LES MILLS BODYCOMBAT 2:00pm-2:45pm Studio1	リクエストタイム 2:00pm-2:45pm Studio1	LES MILLS BODYATTACK 2:00pm-2:30pm Studio1	LES MILLS GRIT 2:00pm-2:45pm Studio1	LES MILLS DANCE 2:00pm-2:45pm Studio1	14:00
15:00	LES MILLS BODYATTACK 3:00pm-3:30pm Studio1	LES MILLS GRIT 3:00pm-3:30pm Studio1	LES MILLS DANCE 3:00pm-3:30pm Studio1	LES MILLS BODYCOMBAT 3:00pm-3:30pm Studio1	LES MILLS BODYBALANCE 3:00pm-3:30pm Studio1	LES MILLS BODYATTACK 3:00pm-3:45pm Studio1	LES MILLS GRIT 3:00pm-3:30pm Studio1	15:00
16:00	LES MILLS BODYBALANCE 4:00pm-4:30pm Studio1	LES MILLS BODYATTACK 4:00pm-4:30pm Studio1	LES MILLS GRIT 4:00pm-4:30pm Studio1	LES MILLS DANCE 4:00pm-4:30pm Studio1	LES MILLS BODYCOMBAT 4:00pm-4:30pm Studio1	LES MILLS BODYBALANCE 4:00pm-4:45pm Studio1	LES MILLS BODYATTACK 4:00pm-4:45pm Studio1	16:00
17:00	LES MILLS BODYCOMBAT 5:00pm-5:30pm Studio1	LES MILLS BODYBALANCE 5:00pm-5:20pm Studio1	LES MILLS BODYATTACK 5:00pm-5:30pm Studio1	LES MILLS GRIT 5:00pm-5:30pm Studio1	LES MILLS DANCE 5:00pm-5:30pm Studio1	LES MILLS BODYCOMBAT 5:00pm-5:45pm Studio1	LES MILLS BODYBALANCE 5:00pm-5:45pm Studio1	17:00
18:00	LES MILLS DANCE 6:00pm-6:30pm Studio1	LES MILLS BODYCOMBAT 6:00pm-6:30pm Studio1	LES MILLS BODYBALANCE 6:00pm-6:30pm Studio1	LES MILLS BODYATTACK 6:00pm-6:30pm Studio1	LES MILLS GRIT 6:00pm-6:30pm Studio1	LES MILLS DANCE 6:00pm-6:30pm Studio1	LES MILLS BODYCOMBAT 6:00pm-6:30pm Studio1	18:00
19:00	LES MILLS GRIT 7:00pm-7:45pm Studio1	LES MILLS DANCE 7:00pm-7:30pm Studio1	LES MILLS BODYCOMBAT 7:00pm-7:30pm Studio1	LES MILLS BODYBALANCE 7:00pm-7:30pm Studio1	リクエストタイム 7:00pm-7:45pm Studio1	LES MILLS GRIT 7:00pm-7:30pm Studio1	LES MILLS DANCE 7:00pm-7:30pm Studio1	19:00
20:00	LES MILLS BODYATTACK 8:00pm-8:30pm Studio1	LES MILLS GRIT 8:00pm-8:30pm Studio1	LES MILLS DANCE 8:00pm-8:30pm Studio1	LES MILLS BODYCOMBAT 8:00pm-8:30pm Studio1	LES MILLS BODYBALANCE 8:00pm-8:30pm Studio1	LES MILLS BODYATTACK 8:00pm-8:30pm Studio1	LES MILLS GRIT 8:00pm-8:30pm Studio1	20:00
21:00	LES MILLS BODYBALANCE 9:00pm-9:30pm Studio1	LES MILLS BODYATTACK 9:00pm-9:30pm Studio1	LES MILLS GRIT 9:00pm-9:30pm Studio1	LES MILLS DANCE 9:00pm-9:30pm Studio1	LES MILLS BODYCOMBAT 9:00pm-9:30pm Studio1	LES MILLS BODYBALANCE 9:00pm-9:30pm Studio1	LES MILLS BODYATTACK 9:00pm-9:30pm Studio1	21:00
22:00	LES MILLS BODYCOMBAT 10:00pm-10:30pm Studio1	LES MILLS BODYBALANCE 10:00pm-10:30pm Studio1	LES MILLS BODYATTACK 10:00pm-10:30pm Studio1	LES MILLS GRIT 10:00pm-10:30pm Studio1	LES MILLS DANCE 10:00pm-10:30pm Studio1	LES MILLS BODYCOMBAT 10:00pm-10:30pm Studio1	LES MILLS BODYBALANCE 10:00pm-10:30pm Studio1	22:00
23:00	LES MILLS DANCE 11:00pm-11:30pm Studio1	LES MILLS BODYCOMBAT 11:00pm-11:30pm Studio1	LES MILLS BODYBALANCE 11:00pm-11:20pm Studio1	LES MILLS BODYATTACK 11:00pm-11:30pm Studio1	LES MILLS GRIT 11:00pm-11:30pm Studio1	LES MILLS DANCE 11:00pm-11:30pm Studio1	LES MILLS BODYCOMBAT 11:00pm-11:30pm Studio1	23:00