

HYPER FIT24 武生店			Group Exercise Timetable			WHI FUEN®		
	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	O:00am-0:30am	D BODYATTACK 0:00am-0:30am	D LESMILLS BODYCOMBAT 0:00am-0:30am	DESMILLS BODYBALANCE 0:00am-0:30am	O:00am-0:30am	D LESMILLS BODYBALANCE 0:00am-0:30am	0:00am-0:30am	0:0
L:00	Studio1 LesMILLS BODYATTACK 1:00am-1:30am	Studio1 O GRIT 1:00am-1:30am Studio1	Studio1 LesMILLS BODYBALANCE 1:00am-1:30am Studio1	Studio1 1:00am-1:30am Studio1	Studio1 LESMILLS BODYATTACK 1:00am-1:30am	DANCE 1:00am-1:30am	Studio1 D LESMILLS BODYBALANCE 1:00am-1:30am Studio1	1:0
2:00	Studio1 D LESMILLS BODYBALANCE 2:00am-2:30am Studio1	DANCE 2:00am-2:30am Studio1	Studio1 O GRIT 2:00am-2:30am Studio1	Studio1 D BODYATTACK 2:00am-2:30am Studio1	DANCE 2:00am-2:30am Studio1	Studio1 O GRIT 2:00am-2:30am Studio1	Studio1 D BODYATTACK 2:00am-2:30am Studio1	2:0
3:00	D LesMILLS BODYCOMBAT 3:00am-3:30am Studio1	BODYATTACK 3:00am-3:30am Studio1	DANCE 3:00am-3:30am Studio1	BODYCOMBAT 3:00am-3:30am Studio1	BODYBALANCE 3:00am-3:30am Studio1	D LESMILLS BODYATTACK 3:00am-3:30am Studio1	D LESMILLS BODYCOMBAT 3:00am-3:30am Studio1	3:
:00	DANCE 4:00am-4:30am Studio1	BODYCOMBAT 4:00am-4:30am Studio1	BODYATTACK 4:00am-4:30am Studio1	DANCE 4:00am-4:30am Studio1	OGRIT 4:00am-4:30am Studio1	LESMILLS BODYCOMBAT 4:00am-4:30am Studio1	DANCE 4:00am-4:30am Studio1	4:
:00	D LESMILLS BODYBALANCE 5:00am-5:30am Studio1	OGRIT 5:00am-5:30am Studio1	D LESMILLS BODYBALANCE 5:00am-5:30am Studio1	GRIT 5:00am-5:30am Studio1	BODYATTACK 5:00am-5:30am Studio1	DANCE 5:00am-5:30am Studio1	D LESMILLS BODYBALANCE 5:00am-5:30am Studio1	5:
:00	GRIT 6:00am-6:30am Studio1	Esmills BODYBALANCE 6:00am-6:30am Studio1	ESMILLS BODYCOMBAT 6:00am-6:30am Studio1	© BODYBALANCE 6:00am-6:30am Studio1	DANCE 6:00am-6:30am Studio1	GRIT 6:00am-6:30am Studio1	ESMILLS BODYATTACK 6:00am-6:30am Studio1	6:
7:00	D LESMILLS BODYATTACK 7:00am-7:30am Studio1	DANCE 7:00am-7:30am Studio1	OGRIT 7:00am-7:30am Studio1	D BODYATTACK 7:00am-7:30am Studio1	D LESMILLS BODYCOMBAT 7:00am-7:30am Studio1	D LESMILLS BODYBALANCE 7:00am-7:30am Studio1	OGRIT 7:00am-7:30am Studio1	7:
3:00	EESMILLS BODYCOMBAT 8:00am-8:30am Studio1	© GRIT 8:00am-8:30am Studio1	Esmills BODYBALANCE 8:00am-8:30am Studio1	DANCE 8:00am-8:30am Studio1	BODYATTACK 8:00am-8:30am Studio1	DANCE 8:00am-8:30am Studio1	BODYCOMBAT 8:00am-8:30am Studio1	8:
9:00	O GRIT 9:00am-9:30am Studio1	D LESMILLS BODYCOMBAT 9:00am-9:30am Studio1	D BODYATTACK 9:00am-9:30am Studio1	D BODYCOMBAT 9:00am-9:30am Studio1	D LESMILLS BODYBALANCE 9:00am-9:30am Studio1	D BODYATTACK 9:00am-9:30am Studio1	DANCE 9:00am-9:30am Studio1	9:
0:00	DANCE 10:00am-10:30am Studio1	D BODYATTACK 10:00am-10:30am Studio1	D LESMILLS BODYCOMBAT 10:00am-10:30am Studio1	OGRIT 10:00am-10:30am Studio1	DANCE 10:00am-10:30am Studio1	D LESMILLS BODYBALANCE 10:00am-10:30am Studio1	O GRIT 10:00am-10:30am Studio1	10
1:00	D LESMILLS BODYATTACK 11:00am-11:30am Studio1	D LESMILLS BODYBALANCE 11:00am-11:30am Studio1	DANCE 11:00am-11:30am Studio1	D LESMILLS BODYBALANCE 11:00am-11:30am Studio1	OGRIT 11:00am-11:30am Studio1	D LESMILLS BODYCOMBAT 11:00am-11:30am Studio1	BODYATTACK 11:00am-11:30am Studio1	11
2:00	D LESMILLS BODYCOMBAT 12:00pm-12:30pm Studio1	OGRIT 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	DANCE 12:00pm-12:30pm Studio1	D BODYATTACK 12:00pm-12:30pm Studio1	O GRIT 12:00pm-12:30pm Studio1	D LESMILLS BODYBALANCE 12:00pm-12:30pm Studio1	12
.3:00	D LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	DANCE 1:00pm-1:30pm Studio1	OGRIT 1:00pm-1:30pm Studio1	D LESMILLS BODYCOMBAT 1:00pm-1:30pm Studio1	D LESMILLS BODYBALANCE 1:00pm-1:30pm Studio1	D LESMILLS BODYATTACK 1:00pm-1:30pm Studio1	DANCE 1:00pm-1:30pm Studio1	13
l4:00	O GRIT 2:00pm-2:30pm Studio1	D LESMILLS BODYCOMBAT 2:00pm-2:30pm Studio1	D BODYATTACK 2:00pm-2:30pm Studio1	O GRIT 2:00pm-2:30pm Studio1	D LESMILLS BODYCOMBAT 2:00pm-2:30pm Studio1	DANCE 2:00pm-2:30pm Studio1	D LESMILLS BODYCOMBAT 2:00pm-2:30pm Studio1	14
5:00	DANCE 3:00pm-3:30pm Studio1	BODYBALANCE 3:00pm-3:30pm Studio1	D LESMILLS BODYCOMBAT 3:00pm-3:30pm Studio1	BODYATTACK 3:00pm-3:30pm Studio1	DANCE 3:00pm-3:30pm Studio1	D LESMILLS BODYBALANCE 3:00pm-3:30pm Studio1	O GRIT 3:00pm-3:30pm Studio1	15
.6:00	D LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	D LESMILLS BODYATTACK 4:00pm-4:30pm Studio1	DANCE 4:00pm-4:30pm Studio1	D Lesmills BODYCOMBAT 4:00pm-4:30pm Studio1	D LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	D LESMILLS BODYCOMBAT 4:00pm-4:30pm Studio1	D LESMILLS BODYBALANCE 4:00pm-4:30pm Studio1	16
7:00	D LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	DANCE 5:00pm-5:30pm Studio1	O GRIT 5:00pm-5:30pm Studio1	D LESMILLS BODYBALANCE 5:00pm-5:30pm Studio1	D LESMILLS BODYCOMBAT 5:00pm-5:30pm Studio1	© GRIT 5:00pm-5:30pm Studio1	D LESMILLS BODYATTACK 5:00pm-5:30pm Studio1	17
.8:00	DANCE 6:00pm-6:30pm Studio1	EESMILLS BODYCOMBAT 6:00pm-6:30pm Studio1	BODYATTACK 6:00pm-6:30pm Studio1	DANCE 6:00pm-6:30pm Studio1	6:00pm-6:30pm Studio1	D LESMILLS BODYBALANCE 6:00pm-6:30pm Studio1	DANCE 6:00pm-6:30pm Studio1	18
9:00	D LESMILLS BODYATTACK 7:00pm-7:30pm Studio1	O GRIT 7:00pm-7:30pm Studio1	D LESMILLS BODYCOMBAT 7:00pm-7:30pm Studio1	D BODYATTACK 7:00pm-7:30pm Studio1	DANCE 7:00pm-7:30pm Studio1	D LESMILLS BODYATTACK 7:00pm-7:30pm Studio1	OGRIT 7:00pm-7:30pm Studio1	19
0:00	© GRIT 8:00pm-8:30pm Studio1	BODYATTACK 8:00pm-8:30pm Studio1	BODYBALANCE 8:00pm-8:30pm Studio1	8:00pm-8:30pm Studio1	BODYATTACK 8:00pm-8:30pm Studio1	DANCE 8:00pm-8:30pm Studio1	EsMILLS BODYCOMBAT 8:00pm-8:30pm Studio1	20
1:00	9:00pm-9:30pm Studio1	9:00pm-9:30pm Studio1	DANCE 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	21
2:00	D LESMILLS BODYCOMBAT 10:00pm-10:30pm Studio1	DANCE 10:00pm-10:30pm Studio1	OGRIT 10:00pm-10:30pm Studio1	D LESMILLS BODYATTACK 10:00pm-10:30pm Studio1	10:00pm-10:30pm Studio1	D BODYCOMBAT 10:00pm-10:30pm Studio1	D LESMILLS BODYATTACK 10:00pm-10:30pm Studio1	22
23:00	DANCE 11:00pm-11:30pm Studio1	D LESMILLS BODYBALANCE 11:00pm-11:30pm Studio1	D LESMILLS BODYATTACK 11:00pm-11:30pm Studio1	DANCE 11:00pm-11:30pm Studio1	D LESMILLS BODYCOMBAT 11:00pm-11:30pm Studio1	BODYATTACK 11:00pm-11:30pm Studio1	DANCE 11:00pm-11:30pm Studio1	23