HYPE	R FIT24 敦賀	買店	Group Exercise Timetable			HE CONFER FOT EM®		
	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日	
0:00	<b>D</b> BODYATTACK	O BODYCOMBAT	DANCE	<b>Ø GRI</b> T	LESMILLS	<b>D</b> LESMILLS BODYATTACK	O BODYCOMBAT	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	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	1:00
1.00	<b>BODYCOMBAT</b>	DANCE	<b>O</b> BODYBALANCE	<b>D</b> BODYCOMBAT	<b>O GRIT</b>	<b>O</b> BODYCOMBAT	DANCE	1.00
	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	1:00am-1:30am Studio1	
2:00	<b>⊙</b> GRIT	O BODYBALANCE	D BODYATTACK	O LESMILLS BODYBALANCE	O BODYBALANCE	Lesmills	<b>D</b> LESMILLS BODYATTACK	2:00
	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	2:00am-2:30am	
2.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	2.00
3:00	<b>O</b> BODYCOMBAT	<b>⊙ GRIT</b>	<b>O GRIT</b>	DANCE	<b>BODYATTACK</b>	<b>O</b> BODYBALANCE	<b>O</b> BODYCOMBAT	3:00
	3:00am-3:30am Studio1	3:00am-3:30am Studio1	3:00am-3:30am Studio1	3:00am-3:30am Studio1	3:00am-3:30am Studio1	3:00am-3:30am Studio1	3:00am-3:30am Studio1	
4:00	LESMILLS	LESMILLS	D LESMILLS BODYCOMBAT	LesMills	<b>⊙</b> GRIT	D LESMILLS BODYATTACK	<b>⊙</b> GRIT	4:00
	4:00am-4:30am	BODYATTACK 4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	4:00am-4:30am	
F-00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	F.00
5:00	<b>D</b> BODYBALANCE	<b>O</b> BODYCOMBAT	DANCE	<b>O</b> BODYCOMBAT	<b>O</b> BODYCOMBAT	<b>O GRIT</b>	<b>O</b> BODYBALANCE	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	▲ LESMILLS	LESMILLS	<b>○</b> Lesmills BODYBALANCE	O GRIT	LesMILLS	D LESMILLS BODYCOMBAT	ESMILLS BODYATTACK	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	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
7:00	<b>D</b> BODYCOMBAT	<b>O</b> BODYBALANCE	<b>⊙ GRIT</b>	<b>O</b> LESMILLS  BODYBALANCE	<b>O</b> BODYATTACK	<b>D</b> BODYBALANCE	<b>O</b> BODYCOMBAT	7:00
	7:00am-7:30am Studio1	7:00am-7:30am Studio1	7:00am-7:30am Studio1	7:00am-7:30am Studio1	7:00am-7:30am Studio1	7:00am-7:30am Studio1	7:00am-7:30am Studio1	
8:00	Lesmills	LesMills	D LESMILLS BODYCOMBAT	LesMills		D LESMILLS BODYATTACK	O GRIT	8:00
	8:00am-8:30am	BODYATTACK 8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	8:00am-8:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
9:00	<b>D</b> LESMILLS BODYBALANCE	<b>O GRIT</b>	<b>BODYATTACK</b>	<b>D</b> BODYCOMBAT	<b>O GRIT</b>	<b>⊙</b> GRIT	<b>O</b> BODYBALANCE	9:00
	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	9:00am-9:30am Studio1	
10:00	Leemile	△ LesMills	LesMills	LEGMILLE	▲ LecMule	♠ LesMills	LESMILLS DANCE	10:00
	10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	<b>OGRIT</b> 10:00am-10:30am	D BODYCOMBAT  10:00am-10:30am	10:00am-10:30am	10:00am-10:30am	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
11:00	<b>O</b> BODYCOMBAT	<b>D</b> BODYBALANCE	ヨガレッスン	<b>D</b> BODYBALANCE	<b>BODYATTACK</b>	<b>D</b> BODYBALANCE	<b>D BODYCOMBAT</b>	11:00
	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-12:00am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	11:00am-11:30am Studio1	
12:00	LesMills	← LesMills	O GRIT	LesMills	△ LesMILLS	LesMills		12:00
	12:00pm-12:30pm	<b>BODYATTACK</b> 12:00pm-12:30pm	12:00pm-12:30pm	<b>DANCE</b> 12:00pm-12:30pm	12:00pm-12:30pm	<b>DANCE</b> 12:00pm-12:30pm	<b>OGRIT</b> 12:00pm-12:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
13:00	<b>O</b> BODYBALANCE	<b>⊙ GRIT</b>	<b>O</b> BODYCOMBAT	<b>D</b> LESMILLS BODYATTACK	<b>D</b> BODYCOMBAT	<b>O GRIT</b>	<b>D</b> BODYBALANCE	13:00
	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	1:00pm-1:30pm Studio1	
14:00	♠ I BEMULE	2022-2 WESTERNOON	LesMills	<b>Ø GRIT</b>	LESMILLS	← LesMills	♠ LesMills	14:00
	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	2:00pm-2:30pm	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	
15:00	<b>D BODYATTACK</b>	<b>O</b> BODYCOMBAT	<b>D</b> LESMILLS BODYBALANCE	<b>D</b> BODYCOMBAT	<b>⊙</b> GRIT	<b>O</b> BODYCOMBAT	DANCE	15:00
	3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	3:00pm-3:30pm Studio1	
16:00	O GRIT	LESMILLS	LESMILLS	D LESMILLS BODYBALANCE	D LESMILLS BODYBALANCE	LESMILLS	D 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	
	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	17.00
17:00	<b>D</b> BODYCOMBAT	<b>O</b> BODYBALANCE	<b>⊙ GR</b> IT	DANCE	<b>BODYATTACK</b>	<b>D</b> BODYBALANCE	<b>O</b> BODYCOMBAT	17:00
	5:00pm-5:30pm Studio1	5:00pm-5:30pm Studio1	5:00pm-5:30pm Studio1	5:00pm-5:30pm Studio1	5:00pm-5:30pm Studio1	5:00pm-5:30pm Studio1	5:00pm-5:30pm Studio1	
18:00	LESMILLS	LESMILLS	D LESMILLS BODYCOMBAT	D LESMILLS BODYATTACK		LesMills	<b>OGRIT</b>	18:00
	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	BODYATTACK 6:00pm-6:30pm	6:00pm-6:30pm	
10.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	10.00
19:00	<b>O</b> BODYBALANCE	<b>⊙ GR</b> iT	DANCE	<b>D</b> BODYCOMBAT	O BODYCOMBAT	<b>⊙ GRIT</b>	<b>O</b> BODYBALANCE	19:00
	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	7:00pm-7:30pm Studio1	
20:00	← LesMills	D LESMILLS BODYCOMBAT	△ LesMills	<b>O'GRIT</b>	LesMILLS DANCE	D LESMILLS BODYCOMBAT	- LesMills	20:00
	BODYATTACK 8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	8:00pm-8:30pm	BODYATTACK 8:00pm-8:30pm	
21.00	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	Studio1	21.00
21:00	<b>Ø GRIT</b>	<b>O</b> BODYBALANCE	<b>O</b> BODYATTACK	<b>O</b> BODYBALANCE	<b>BODYATTACK</b>	<b>O</b> BODYBALANCE	<b>O</b> BODYCOMBAT	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 BODYATTACK	△ LesMills	Lesmills DANCE	D LESMILLS BODYBALANCE	LesMills	O GRIT	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	Studio1	23:00
دع.UU	BODYBALANCE	O GRIT	<b>BODYCOMBAT</b>	BODYATTACK	<b>O</b> BODYCOMBAT	<b>⊙ GR</b> IT	D BODYBALANCE	<b>43.00</b>
	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	11:00pm-11:30pm Studio1	
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