

# 2.3.4月PROGRAM SCHEDULES

	月	火	水	木	金	土	日
12:00	12:00~12:30 (30min) <b>LES MILLS BODYPUMP</b>	12:05~12:35 (30min) <b>LES MILLS barre</b>	12:00~12:45 (45min) <b>LES MILLS BODYBALANCE</b>	12:00~12:30 (30min) <b>LES MILLS BODYBALANCE</b>	12:00~12:45(45min) <b>LES MILLS CORE</b>		
12:30						12:30~13:15 (45min) <b>LES MILLS BODYBALANCE</b>	12:30~13:00 (30min) <b>LES MILLS RPM</b>
13:00	12:45~13:15 (30min) <b>LES MILLS sprint</b>	12:45~13:15 (30min) <b>LES MILLS sprint</b>	13:00~13:30 (30min) <b>LES MILLS BODYPUMP</b>	12:45~13:15 (30min) <b>LES MILLS BODYPUMP</b>	13:00~13:30 (30min) <b>LES MILLS BODYCOMBAT</b>		
13:30	13:30~14:15 (45min) <b>LES MILLS BODYCOMBAT</b>	13:30~14:00 (30min) <b>LES MILLS SH'BAM</b>	13:45~14:15 (30min) <b>LES MILLS sprint</b>	13:30~14:00 (30min) <b>LES MILLS BODYCOMBAT</b>	13:45~14:15 (30min) <b>LES MILLS SH'BAM</b>	13:20~14:05 (45min) <b>LES MILLS BODYCOMBAT</b>	13:15~14:00(45min) <b>LES MILLS CORE</b>
14:00							
14:30	14:30~15:00 (30min) <b>LES MILLS SH'BAM</b>	14:15~15:00 (45min) <b>LES MILLS BODYCOMBAT</b>	14:30~15:00(30min) <b>LES MILLS CORE</b>	14:15~15:00 (45min) <b>LES MILLS SH'BAM</b>	14:30~15:00 (30min) <b>LES MILLS BODYATTACK</b>	14:15~15:00 (45min) <b>LES MILLS SH'BAM</b>	14:15~15:00 (45min) <b>LES MILLS BODYBALANCE</b>
15:00							
15:30	15:30~16:15 (45min) <b>LES MILLS BODYBALANCE</b>	15:30~16:15 (45min) <b>LES MILLS SH'BAM</b>	15:30~16:00 (30min) <b>LES MILLS barre</b>	15:30~16:00 (30min) <b>LES MILLS BODYBALANCE</b>	15:30~16:00 (30min) <b>LES MILLS SH'BAM</b>	15:30~16:00 (30min) <b>LES MILLS BODYATTACK</b>	15:30~16:30 (60min) <b>LES MILLS BODYCOMBAT</b>
16:00							
16:30	16:30~17:00 (30min) <b>LES MILLS barre</b>	16:30~17:15 (45min) <b>LES MILLS BODYPUMP</b>	16:15~17:00 (45min) <b>LES MILLS BODYBALANCE</b>	16:15~16:45 (30min) <b>LES MILLS barre</b>	16:15~16:45 (30min) <b>LES MILLS BODYBALANCE</b>	16:15~17:00 (45min) <b>LES MILLS SH'BAM</b>	16:45~17:15 (30min) <b>LES MILLS BODYATTACK</b>
17:00	17:15~17:30(15min) <b>LES MILLS CORE</b>			17:00~17:45 (45min) <b>LES MILLS SH'BAM</b>	16:55~17:40 (45min) <b>LES MILLS SH'BAM</b>		
17:30		17:30~17:45(15min) <b>LES MILLS CORE</b>	17:15~18:00 (45min) <b>LES MILLS BODYCOMBAT</b>			17:15~18:15 (60min) <b>LES MILLS BODYCOMBAT</b>	17:30~18:15 (45min) <b>LES MILLS BODYCOMBAT</b>
18:00	17:45~18:30 (45min) <b>LES MILLS BODYBALANCE</b>	17:45~18:30 (45min) <b>LES MILLS BODYBALANCE</b>	18:15~18:30(15min) <b>LES MILLS CORE</b>	18:00~18:30 (30min) <b>LES MILLS BODYATTACK</b>	17:50~18:35 (45min) <b>LES MILLS BODYCOMBAT</b>		
18:30	18:45~19:15(30min) <b>LES MILLS GRIT   CARDIO</b>	18:45~19:30 (45min) <b>LES MILLS BODYPUMP</b>	18:45~19:15 (30min) <b>LES MILLS RPM</b>	18:45~19:30 (45min) <b>LES MILLS BODYCOMBAT</b>		18:30~19:15 (45min) <b>LES MILLS BODYPUMP</b>	18:30~19:15 (45min) <b>LES MILLS BODYBALANCE</b>
19:00					18:45~19:15 (30min) <b>LES MILLS RPM</b>		
19:30	19:30~20:15 (45min) <b>LES MILLS BODYCOMBAT</b>	19:45~20:15 (30min) <b>LES MILLS BODYATTACK</b>	19:30~20:00(30min) <b>LES MILLS GRIT   ATHLETIC</b>	19:45~20:15 (30min) <b>LES MILLS sprint</b>	19:30~20:00 (30min) <b>LES MILLS BODYBALANCE</b>	19:30~20:15 (45min) <b>LES MILLS BODYBALANCE</b>	19:30~20:00 (30min) <b>LES MILLS SH'BAM</b>
20:00							
20:30	20:30~21:00 (30min) <b>LES MILLS sprint</b>	20:30~21:20 (50min) <b>LES MILLS RPM</b>	20:15~21:00 (45min) <b>LES MILLS BODYCOMBAT</b>	20:30~21:00 (30min) <b>LES MILLS SH'BAM</b>	20:10~21:10 (60min) <b>LES MILLS BODYPUMP</b>	20:30~21:00 (30min) <b>LES MILLS sprint</b>	20:15~21:00 (45min) <b>LES MILLS BODYPUMP</b>
21:00							
21:30	21:15~22:00 (45min) <b>LES MILLS BODYPUMP</b>	21:30~22:15 (45min) <b>LES MILLS SH'BAM</b>	21:15~22:00(45min) <b>LES MILLS CORE</b>	21:15~22:05 (50min) <b>LES MILLS RPM</b>	21:20~22:05 (45min) <b>LES MILLS SH'BAM</b>	21:15~22:00 (45min) <b>LES MILLS SH'BAM</b>	21:15~22:00(45min) <b>LES MILLS CORE</b>
22:00							
22:30	22:15~22:45(30min) <b>LES MILLS CORE</b>	22:30~23:00 (30min) <b>LES MILLS BODYPUMP</b>	22:15~22:45(30min) <b>LES MILLS GRIT   CARDIO</b>	22:15~22:45 (30min) <b>LES MILLS BODYPUMP</b>	22:15~22:45(30min) <b>LES MILLS GRIT   STRENGTH</b>	22:15~22:45(30min) <b>LES MILLS GRIT   ATHLETIC</b>	22:15~22:45(30min) <b>LES MILLS GRIT   CARDIO</b>
23:00	23:00~23:45 (45min) <b>LES MILLS SH'BAM</b>	23:15~23:45 (30min) <b>LES MILLS BODYCOMBAT</b>	23:00~23:45 (45min) <b>LES MILLS BODYPUMP</b>	23:00~23:45 (45min) <b>LES MILLS SH'BAM</b>	23:00~23:45 (45min) <b>LES MILLS BODYCOMBAT</b>	23:00~23:45 (45min) <b>LES MILLS BODYPUMP</b>	23:00~23:45 (45min) <b>LES MILLS SH'BAM</b>
23:30							