

11.12.1月PROGRAM SCHEDULES

	月	火	水	木	金	土	日
0:00	0:00~0:45 (45min) LES MILLS BODYBALANCE	0:00~0:30 (30min) LES MILLS DANCE	0:00~0:45 (45min) LES MILLS BODYBALANCE	0:00~0:30 (30min) LES MILLS DANCE	0:00~0:45 (45min) LES MILLS BODYCOMBAT	0:00~0:30 (30min) LES MILLS DANCE	0:00~0:30 (30min) LES MILLS RPM
0:30							
1:00	0:55~1:25 (30min) LES MILLS DANCE	0:40~1:25 (45min) LES MILLS CORE	0:55~1:25 (30min) LES MILLS sprint	0:40~1:25 (45min) LES MILLS BODYCOMBAT	0:55~1:25 (30min) LES MILLS BODYBALANCE	0:40~1:25 (45min) LES MILLS BODYPUMP	0:40~1:25 (45min) LES MILLS DANCE
1:30							
2:00	1:35~2:05 (30min) LES MILLS BODYPUMP	1:35~2:05 (30min) LES MILLS RPM	1:35~2:05 (30min) LES MILLS BODYCOMBAT	1:35~2:05 (30min) LES MILLS CORE	1:35~2:05 (30min) LES MILLS BODYPUMP	1:35~2:05 (30min) LES MILLS sprint	1:35~2:05 (30min) LES MILLS BODYCOMBAT
2:30	2:15~3:00 (45min) LES MILLS BODYCOMBAT	2:15~3:00 (45min) LES MILLS BODYBALANCE	2:15~3:00 (45min) LES MILLS CORE	2:15~3:05 (50min) LES MILLS RPM	2:15~3:00 (45min) LES MILLS DANCE	2:15~3:00 (45min) LES MILLS BODYBALANCE	2:15~3:00 (45min) LES MILLS BODYPUMP
3:00							
3:30	3:15~3:45 (30min) LES MILLS CORE	3:15~3:45 (30min) LES MILLS BODYPUMP	3:15~3:45 (30min) LES MILLS BODYATTACK	3:15~3:45 (30min) LES MILLS BODYBALANCE	3:15~3:45 (30min) LES MILLS BODYCOMBAT	3:15~4:05 (50min) LES MILLS RPM	3:15~4:00 (45min) LES MILLS CORE
4:00							
4:30	4:00~4:45 (45min) LES MILLS DANCE	4:00~4:45 (45min) LES MILLS CORE	4:00~4:45 (45min) LES MILLS DANCE	4:00~4:30 (30min) LES MILLS BODYCOMBAT	4:00~4:45 (45min) LES MILLS BODYBALANCE	4:15~5:00 (45min) LES MILLS BODYCOMBAT	4:15~4:45 (30min) LES MILLS BODYATTACK
5:00				4:40~5:10 (30min) LES MILLS DANCE			
5:30	4:55~5:40 (45min) LES MILLS BODYBALANCE	4:55~5:40 (45min) LES MILLS BODYCOMBAT	4:55~5:25 (30min) LES MILLS CORE		4:55~5:25 (30min) LES MILLS DANCE	5:10~5:40 (30min) LES MILLS BODYBALANCE	5:00~5:45 (45min) LES MILLS BODYBALANCE
6:00				5:20~5:50 (30min) LES MILLS BODYBALANCE			
6:30	5:50~6:35 (45min) LES MILLS BODYCOMBAT	5:50~6:20 (30min) LES MILLS RPM	5:35~6:20 (45min) LES MILLS BODYBALANCE	6:00~6:30 (30min) LES MILLS BODYATTACK	5:35~6:20 (45min) LES MILLS BODYCOMBAT	5:50~6:20 (30min) LES MILLS CORE	5:55~6:25 (30min) LES MILLS BODYPUMP
7:00		6:30~7:00 (30min) LES MILLS BODYATTACK	6:30~7:00 (30min) LES MILLS RPM		6:30~7:00 (30min) LES MILLS BODYATTACK	6:30~7:00 (30min) LES MILLS BODYCOMBAT	6:35~7:05 (30min) LES MILLS sprint
7:30	6:45~7:30 (45min) LES MILLS CORE		7:10~7:25 (15min) LES MILLS CORE	6:40~7:25 (45min) LES MILLS CORE			
8:00		7:10~7:55 (45min) LES MILLS BODYBALANCE			7:10~8:10 (60min) LES MILLS BODYBALANCE	7:10~7:40 (30min) LES MILLS DANCE	7:15~7:30 (15min) LES MILLS CORE
8:30	7:40~8:10 (30min) LES MILLS DANCE		7:35~8:05 (30min) LES MILLS DANCE	7:35~8:20 (45min) LES MILLS BODYCOMBAT			7:40~8:10 (30min) LES MILLS BODYCOMBAT
9:00	8:20~8:50 (30min) LES MILLS BODYCOMBAT	8:00~8:15 (15min) LES MILLS CORE				7:50~8:35 (45min) LES MILLS BODYPUMP	
9:30		8:20~8:50 (30min) LES MILLS DANCE	8:20~8:50 (30min) LES MILLS BODYBALANCE	8:30~8:45 (15min) LES MILLS CORE	8:20~8:50 (30min) LES MILLS DANCE		8:20~8:50 (30min) LES MILLS CORE
10:00	9:00~9:30 (30min) LES MILLS CORE	9:00~9:30 (30min) LES MILLS BODYPUMP	9:00~9:30 (30min) LES MILLS BODYCOMBAT	9:00~9:30 (30min) LES MILLS BODYPUMP	9:00~9:45 (45min) LES MILLS CORE	8:45~9:30 (45min) LES MILLS DANCE	9:00~9:45 (45min) LES MILLS DANCE
10:30	9:40~10:10 (30min) LES MILLS BODYPUMP		9:40~10:10 (30min) LES MILLS CORE	9:40~10:10 (30min) LES MILLS BODYCOMBAT			
11:00		9:40~10:10 (30min) LES MILLS sprint			9:55~10:25 (30min) LES MILLS sprint	9:40~10:25 (45min) LES MILLS BODYCOMBAT	9:55~10:40 (45min) LES MILLS BODYCOMBAT
11:30	10:20~11:05 (45min) LES MILLS BODYCOMBAT	10:20~11:05 (45min) LES MILLS DANCE	10:20~11:05 (45min) LES MILLS BODYBALANCE	10:20~10:50 (30min) LES MILLS CORE	10:35~11:05 (30min) LES MILLS BODYPUMP	10:35~11:05 (30min) LES MILLS BODYATTACK	10:50~11:20 (30min) LES MILLS BODYPUMP
	11:20~11:50 (30min) LES MILLS CORE	11:15~11:45 (30min) LES MILLS BODYBALANCE	11:20~11:50 (30min) LES MILLS DANCE	11:05~11:50 (45min) LES MILLS BODYBALANCE	11:20~11:50 (30min) LES MILLS DANCE	11:15~11:45 (30min) LES MILLS CORE	11:30~12:00 (30min) LES MILLS BODYBALANCE

11.12.1月PROGRAM SCHEDULES

	月	火	水	木	金	土	日
12:00	12:00~12:30 (30min) LES MILLS BODYPUMP	12:00~12:30 (30min) LES MILLS DANCE	12:00~12:30 (30min) LES MILLS sprint	12:00~12:30 (30min) LES MILLS DANCE	12:00~12:45(45min) LES MILLS CORE	11:55~12:25 (30min) LES MILLS sprint	12:10~12:40(30min) LES MILLS CORE
12:30							
13:00	12:40~13:10 (30min) LES MILLS sprint	12:40~13:10 (30min) LES MILLS BODYPUMP	12:40~13:25(45min) LES MILLS CORE	12:40~13:10 (30min) LES MILLS sprint	12:55~13:25 (30min) LES MILLS BODYPUMP	12:35~13:20 (45min) LES MILLS BODYBALANCE	12:50~13:20 (30min) LES MILLS sprint
13:30	13:20~14:05 (45min) LES MILLS BODYBALANCE	13:20~14:05 (45min) LES MILLS BODYCOMBAT		13:35~14:05 (30min) LES MILLS DANCE	13:35~14:05 (30min) LES MILLS sprint	13:30~14:00 (30min) LES MILLS BODYCOMBAT	13:30~14:15 (45min) LES MILLS BODYBALANCE
14:00			13:35~14:20 (45min) LES MILLS BODYBALANCE				
14:30	14:15~15:00 (45min) LES MILLS BODYCOMBAT	14:15~15:00 (45min) LES MILLS DANCE	14:30~15:00 (30min) LES MILLS BODYATTACK	14:15~15:00 (45min) LES MILLS BODYCOMBAT	14:15~15:00 (45min) LES MILLS DANCE	14:15~15:00(45min) LES MILLS CORE	14:30~15:00 (45min) LES MILLS DANCE
15:00							
15:30	15:30~16:15(45min) LES MILLS CORE	15:30~16:00 (30min) LES MILLS sprint	15:30~16:15 (45min) LES MILLS DANCE	15:30~16:15 (45min) LES MILLS BODYBALANCE	15:30~16:00 (30min) LES MILLS BODYPUMP	15:30~16:15 (45min) LES MILLS DANCE	15:30~16:15 (45min) LES MILLS BODYCOMBAT
16:00		16:15~16:45 (30min) LES MILLS BODYATTACK					
16:30	16:30~17:15 (45min) LES MILLS DANCE		16:30~17:15 (45min) LES MILLS BODYBALANCE	16:30~17:15 (45min) LES MILLS BODYPUMP	16:15~16:45 (30min) LES MILLS DANCE	16:30~17:00 (30min) LES MILLS BODYCOMBAT	16:30~17:15 (45min) LES MILLS DANCE
17:00		17:00~17:45 (45min) LES MILLS BODYCOMBAT			17:00~17:15(15min) LES MILLS CORE		
17:30	17:30~18:15 (45min) LES MILLS BODYBALANCE		17:20~17:50(30min) LES MILLS CORE	17:30~18:00 (30min) LES MILLS DANCE	17:30~18:15 (45min) LES MILLS BODYBALANCE	17:15~17:45 (30min) LES MILLS RPM	17:30~18:00 (30min) LES MILLS BODYBALANCE
18:00		18:00~18:45 (45min) LES MILLS BODYPUMP					
18:30	18:30~19:00(30min) LES MILLS GRIT CARDIO		18:00~18:45 (45min) LES MILLS BODYCOMBAT	18:15~18:30(15min) LES MILLS CORE	18:30~19:00 (30min) LES MILLS BODYATTACK	18:30~19:00 (30min) LES MILLS BODYCOMBAT	18:15~18:45 (30min) LES MILLS BODYATTACK
19:00		19:00~19:30(30min) LES MILLS GRIT STRENGTH					
19:30	19:15~20:00 (45min) LES MILLS BODYCOMBAT		19:00~19:45 (45min) LES MILLS BODYPUMP	19:15~20:00 (45min) LES MILLS BODYCOMBAT	19:15~19:45 (30min) LES MILLS sprint	19:00~19:45 (45min) LES MILLS BODYPUMP	19:00~20:00 (60min) LES MILLS BODYCOMBAT
20:00		19:40~20:40 (60min) LES MILLS BODYCOMBAT					
20:30	20:15~21:00 (45min) LES MILLS DANCE		20:00~20:45 (45min) LES MILLS DANCE	20:15~21:00 (45min) LES MILLS DANCE	20:00~20:45 (45min) LES MILLS BODYPUMP	20:00~20:30 (30min) LES MILLS BODYBALANCE	20:15~20:45 (30min) LES MILLS DANCE
21:00		20:50~21:20 (30min) LES MILLS sprint				20:45~21:15 (30min) LES MILLS sprint	
21:30	21:15~21:30(15min) LES MILLS CORE		21:00~21:45 (45min) LES MILLS BODYPUMP	21:15~21:30(15min) LES MILLS CORE	21:00~21:45 (45min) LES MILLS DANCE		21:00~21:30(30min) LES MILLS GRIT ATHLETIC
22:00	21:30~22:00(30min) LES MILLS GRIT STRENGTH	21:30~22:15 (45min) LES MILLS DANCE		21:30~22:00(30min) LES MILLS GRIT STRENGTH		21:30~22:00(30min) LES MILLS CORE	
22:30	22:15~23:00 (45min) LES MILLS BODYATTACK	22:30~23:00 (30min) LES MILLS BODYATTACK	22:00~22:45 (45min) LES MILLS BODYCOMBAT	22:15~23:00 (45min) LES MILLS BODYCOMBAT	22:00~22:45 (45min) LES MILLS BODYCOMBAT	22:15~23:00 (45min) LES MILLS BODYCOMBAT	
23:00							
23:30	23:15~23:45 (30min) LES MILLS BODYBALANCE	23:15~23:45 (30min) LES MILLS BODYCOMBAT	23:00~23:45 (45min) LES MILLS BODYATTACK	23:15~23:45 (30min) LES MILLS DANCE	23:00~23:45 (45min) LES MILLS BODYBALANCE	23:15~23:45 (30min) LES MILLS BODYPUMP	22:45~23:45 (60min) LES MILLS BODYPUMP