

# 2.3.4月PROGRAM SCHEDULES

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

# 2.3.4月PROGRAM SCHEDULES

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