

5.6.7PROGRAM SCHEDULES

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

5.6.7月PROGRAM SCHEDULES

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