



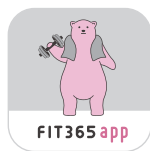
FIT365 app

LES MILLS
WORKOUT@ONLINE

スタジオプログラムスケジュール

2021年10月-12月

月	火	水	木	金	土	日
8:30 - 9:00 LES MILLS BODYBALANCE30	9:00 - 9:30 LES MILLS CORE30	8:00 - 8:30 LES MILLS BODYBALANCE30	9:00 - 9:30 LES MILLS BODYATTACK30	9:00 - 9:30 LES MILLS CORE30	8:30 - 9:15 LES MILLS BODYBALANCE45	9:00 - 9:30 LES MILLS CORE30
9:30 - 10:45 LES MILLS BODYCOMBAT45	10:00 - 10:30 LES MILLS BODYATTACK30	9:00 - 9:30 LES MILLS BODYCOMBAT30	10:00 - 10:55 LES MILLS BODYBALANCE55	10:00 - 10:30 LES MILLS GRIT30	10:00 - 10:30 LES MILLS CORE30	10:00 - 10:30 LES MILLS BODYATTACK30
11:00 - 11:55 LES MILLS BODYPUMP55	11:30 - 12:00 LES MILLS GRIT30	10:30 - 11:15 LES MILLS CORE45	12:00 - 12:30 LES MILLS GRIT30	11:30 - 12:00 LES MILLS BODYATTACK30	11:00 - 11:30 LES MILLS BODYPUMP30	11:30 - 12:25 LES MILLS BODYCOMBAT55
13:30 - 14:00 LES MILLS BODYATTACK30	12:30 - 13:15 LES MILLS BODYCOMBAT45	12:00 - 12:15 LES MILLS BODYATTACK15	13:30 - 14:25 LES MILLS BODYCOMBAT55	13:00 - 13:45 LES MILLS BODYPUMP45	12:00 - 12:15 LES MILLS BODYCOMBAT15	13:00 - 13:55 LES MILLS BODYPUMP55
15:00 - 15:45 LES MILLS CORE45	14:00 - 14:30 LES MILLS BODYPUMP30	13:30 - 14:25 LES MILLS BODYPUMP55	15:00 - 15:30 LES MILLS CORE30	14:30 - 15:15 LES MILLS BODYBALANCE45	13:30 - 14:00 LES MILLS BODYATTACK30	14:30 - 15:00 LES MILLS GRIT30
17:00 - 17:55 LES MILLS BODYCOMBAT55	16:00 - 16:55 LES MILLS BODYBALANCE55	15:30 - 16:00 LES MILLS BODYBALANCE30	16:00 - 16:30 LES MILLS BODYATTACK30	16:00 - 16:30 LES MILLS GRIT30	15:00 - 15:55 LES MILLS BODYCOMBAT55	15:30 - 16:00 LES MILLS BODYATTACK30
18:30 - 19:00 LES MILLS GRIT30	17:30 - 18:15 LES MILLS CORE45	17:00 - 17:30 LES MILLS GRIT30	18:00 - 18:30 LES MILLS BODYPUMP30	17:00 - 17:30 LES MILLS CORE30	16:30 - 17:25 LES MILLS BODYPUMP55	16:30 - 17:25 LES MILLS BODYBALANCE55
19:30 - 19:45 LES MILLS CORE15	19:00 - 19:55 LES MILLS BODYCOMBAT55	18:00 - 18:30 LES MILLS BODYATTACK30	19:00 - 19:55 LES MILLS BODYBALANCE55	18:00 - 18:55 LES MILLS BODYCOMBAT55	18:00 - 18:30 LES MILLS GRIT30	19:00 - 19:30 LES MILLS BODYCOMBAT30
20:00 - 20:30 LES MILLS BODYATTACK30	20:30 - 21:15 LES MILLS BODYPUMP45	19:30 - 20:25 LES MILLS BODYCOMBAT55	20:30 - 21:00 LES MILLS BODYATTACK30	19:30 - 20:00 LES MILLS BODYATTACK30	19:30 - 20:15 LES MILLS BODYBALANCE45	20:00 - 20:30 LES MILLS CORE30
21:30 - 22:00 LES MILLS BODYBALANCE30	22:00 - 22:30 LES MILLS BODYBALANCE30	21:00 - 21:30 LES MILLS BODYPUMP30	22:00 - 22:30 LES MILLS BODYCOMBAT30	21:30 - 22:15 LES MILLS BODYBALANCE45	21:00 - 21:45 LES MILLS CORE45	21:00 - 21:30 LES MILLS GRIT30



LesMILLS WORKOUT @ONLINE

対象店舗

(2021年10月現在)

北海道

北見三輪

東北

名取

関東甲信越

恋ヶ窪
立川柏町
稲城SANWA
志木
八潮
入間サイオス
イオン松ヶ崎
イオン八街

近畿

かみしんプラザ

四国

高松レインボー
イオン高知旭町