

# F フィットネスジム FIT365



## プログラムスケジュール

4・5・6月レッスンプログラムスケジュール 0:00~12:00

	月	火	水	木	金	土	日
0:00	0:15~0:45 Les Mills SPRINT 30min	0:15~0:45 GRIT カーディオ 30min	0:15~0:45 Les Mills CORE 30min	0:15~0:45 Les Mills DANCE 30min	0:15~0:45 GRIT アスレチック 30min	0:15~0:45 BODYBALLANCE 30min	0:15~0:45 BODYPUMP 30min
1:00	1:00~1:30 BODYCOMBAT 30min	1:00~1:30 Les Mills DANCE 30min	1:00~1:30 BODYATTACK 30min	1:00~1:30 RPM 30min	1:00~1:30 BODYBALLANCE 30min	1:00~1:30 Les Mills SPRINT 30min	1:00~1:30 Les Mills CORE 30min
2:00	1:45~2:45 BODYPUMP 60min	1:45~2:45 BODYATTACK 60min	1:45~2:45 BODYBALLANCE 60min	1:45~2:45 BODYCOMBAT 60min	1:45~2:35 RPM 50min	1:45~2:45 BODYCOMBAT 60min	1:45~2:45 BODYBALLANCE 60min
3:00	3:00~3:50 RPM 50min	3:00~4:00 BODYCOMBAT 60min	3:00~4:00 BODYPUMP 60min	3:00~4:00 BODYBALLANCE 60min	3:00~4:00 BODYATTACK 60min	3:00~4:00 BODYPUMP 60min	3:00~3:50 RPM 50min
4:00	4:15~5:15 BODYATTACK 60min	4:15~5:15 BODYBALLANCE 60min	4:15~5:05 RPM 50min	4:15~5:15 BODYPUMP 60min	4:15~5:15 BODYCOMBAT 60min	4:15~5:15 BODYBALLANCE 60min	4:15~5:15 BODYATTACK 60min
5:00	5:30~6:00 BODYBALLANCE 30min	5:30~6:00 Les Mills DANCE 30min	5:30~6:00 GRIT アスレチック 30min	5:30~6:00 Les Mills CORE 30min	5:30~6:00 BODYPUMP 30min	5:30~6:00 BODYATTACK 30min	5:30~6:00 Les Mills DANCE 30min
6:00	6:15~7:00 BODYCOMBAT 45min	6:15~7:05 RPM 50min	6:15~7:00 BODYATTACK 45min	6:15~7:00 BODYCOMBAT 45min	6:15~7:00 BODYBALLANCE 45min	6:15~7:00 Les Mills DANCE 45min	6:15~7:00 BODYPUMP 45min
7:00	7:15~7:45 Les Mills CORE 30min	7:15~7:45 GRIT ストレngth 30min	7:15~7:45 Les Mills DANCE 30min	7:15~7:45 BODYATTACK 30min	7:15~7:45 Les Mills SPRINT 30min	7:15~7:45 RPM 30min	7:15~7:45 BODYBALLANCE 30min
8:00	8:00~8:45 BODYPUMP 45min	8:00~8:45 BODYCOMBAT 45min	8:00~8:50 RPM 50min	8:00~8:45 BODYBALLANCE 45min	8:00~8:45 BODYATTACK 45min	8:00~8:45 Les Mills CORE 45min	8:00~8:50 RPM 50min
9:00	9:00~9:30 RPM 30min	9:00~9:30 Les Mills CORE 30min	9:00~9:30 BODYBALLANCE 30min	9:00~9:30 GRIT アスレチック 30min	9:00~9:30 BODYCOMBAT 30min	9:00~9:30 BODYPUMP 30min	9:00~9:30 BODYCOMBAT 30min
10:00	9:45~10:30 BODYCOMBAT 45min	9:45~10:30 BODYPUMP 45min	9:45~10:30 BODYATTACK 45min	9:45~10:35 RPM 50min	9:45~10:30 Les Mills CORE 45min	9:45~10:30 BODYCOMBAT 45min	9:45~10:30 Les Mills DANCE 45min
11:00	10:45~11:45 BODYATTACK 60min	10:45~11:45 BODYBALLANCE 60min	10:45~11:45 BODYCOMBAT 60min	10:45~11:45 BODYPUMP 60min	10:45~11:35 RPM 50min	10:45~11:45 BODYATTACK 60min	10:45~11:45 BODYBALLANCE 60min

バーチャルプログラム中は、いつでも自由に入退場いただけます。

12:00



	月	火	水	木	金	土	日
12:00	12:00~12:30 Les Mills SPRINT 30min	12:00~12:30 BODYCOMBAT 30min	12:00~12:30 BODYPUMP 30min	12:00~12:30 BODYBALLANCE 30min	12:00~12:30 Les Mills CORE 30min	12:00~12:30 RPM 30min	12:00~12:30 BODYATTACK 30min
13:00	12:45~13:30 Les Mills CORE 45min	12:45~13:30 BODYATTACK 45min	12:45~13:30 BODYBALLANCE 45min	12:45~13:35 RPM 50min	12:45~13:30 BODYCOMBAT 45min	12:45~13:30 BODYPUMP 45min	12:45~13:30 BODYCOMBAT 45min
14:00	13:45~14:30 BODYATTACK 45min	13:45~14:35 RPM 50min	13:45~14:30 BODYCOMBAT 45min	12:45~13:30 BODYPUMP 45min	13:45~14:30 BODYBALLANCE 45min	13:45~14:30 Les Mills DANCE 45min	13:45~14:35 RPM 50min
15:00	14:45~15:15 Les Mills SPRINT 30min	14:45~15:15 GRIT カードィオ 30min	14:45~15:15 Les Mills CORE 30min	14:45~15:15 Les Mills DANCE 30min	14:45~15:15 GRIT アスレチック 30min	14:45~15:15 BODYBALLANCE 30min	14:45~15:15 Les Mills SPRINT 30min
フリースペース(15:15~15:45迄)トレーニングやストレッチ等にご自由にお使いください。							
16:00	15:45~16:15 BODYATTACK 30min	15:45~16:15 Les Mills SPRINT 30min	15:45~16:15 BODYPUMP 30min	15:45~16:15 Les Mills CORE 30min	15:45~16:15 GRIT ストレNGTHス 30min	15:45~16:15 RPM 30min	15:45~16:15 BODYPUMP 30min
17:00	16:30~17:20 RPM 50min	16:30~17:15 Les Mills CORE 45min	16:30~17:15 BODYATTACK 45min	16:30~17:15 BODYCOMBAT 45min	16:30~17:15 BODYPUMP 45min	16:30~17:15 BODYBALLANCE 45min	16:30~17:15 BODYATTACK 45min
18:00	17:30~18:00 GRIT ストレNGTHス 30min	17:30~18:00 RPM 30min	17:30~18:00 BODYPUMP 30min	17:30~18:00 BODYATTACK 30min	17:30~18:00 Les Mills SPRINT 30min	17:30~18:00 BODYPUMP 30min	17:30~18:00 Les Mills CORE 30min
19:00	18:15~19:00 BODYCOMBAT 45min	18:15~19:00 BODYATTACK 45min	18:15~19:00 BODYBALLANCE 45min	18:15~19:00 Les Mills CORE 45min	18:15~19:00 BODYATTACK 45min	18:15~19:00 BODYCOMBAT 45min	18:15~19:00 Les Mills DANCE 45min
20:00	19:15~20:15 BODYATTACK 60min	19:15~20:15 BODYPUMP 60min	19:15~20:05 RPM 50min	19:15~20:15 BODYBALLANCE 60min	19:15~20:15 BODYCOMBAT 60min	19:15~20:15 BODYATTACK 60min	19:15~20:15 BODYBALLANCE 60min
21:00	20:30~21:00 Les Mills SPRINT 30min	20:30~21:00 Les Mills CORE 30min	20:15~21:00 BODYCOMBAT 45min	20:30~21:00 RPM 30min	20:30~21:00 GRIT カードィオ 30min	20:30~21:00 Les Mills SPRINT 30min	20:30~21:00 RPM 30min
22:00	21:15~22:00 Les Mills CORE 45min	21:15~22:00 BODYCOMBAT 45min	21:15~22:00 BODYPUMP 45min	21:15~22:00 BODYATTACK 45min	21:15~22:05 RPM 50min	21:15~22:00 BODYBALLANCE 45min	21:15~22:00 Les Mills CORE 45min
23:00	22:15~22:45 BODYCOMBAT 30min	22:15~22:45 BODYBALLANCE 30min	22:15~22:45 Les Mills DANCE 30min	22:15~22:45 Les Mills SPRINT 30min	22:15~22:45 BODYATTACK 30min	22:15~22:45 RPM 30min	22:15~22:45 BODYPUMP 30min
0:00	23:00~0:00 BODYBALLANCE 60min	23:00~23:50 RPM 50min	23:00~0:00 BODYATTACK 60min	23:00~0:00 BODYCOMBAT 60min	23:00~0:00 BODYPUMP 60min	23:00~0:00 BODYATTACK 60min	23:00~0:00 BODYCOMBAT 60min

バーチャルプログラム中は、いつでも自由に入退場いただけます。