



7~9月プログラムスケジュール

	月	火	水	木	金	土	日
6:00	6:00~6:30 LES MILLS <b>CORE</b> 30Mins	6:00~6:30 LES MILLS <b>BODYBALANCE</b> 30Mins	6:00~6:30 LES MILLS <b>BODYCOMBAT</b> 30Mins	6:00~6:30 LES MILLS <b>RPM</b> 30Mins	6:00~6:30 LES MILLS <b>DANCE</b> 30Mins	6:00~6:30 LES MILLS <b>RPM</b> 30Mins	6:00~6:30 LES MILLS <b>CORE</b> 30Mins
7:00	6:45~7:15 LES MILLS <b>RPM</b> 30Mins	6:45~7:15 LES MILLS <b>BODYATTACK</b> 30Mins	6:45~7:15 LES MILLS <b>CORE</b> 30Mins	6:45~7:15 LES MILLS <b>BODYBALANCE</b> 30Mins	6:45~7:15 LES MILLS <b>RPM</b> 30Mins	6:45~7:15 LES MILLS <b>BODYCOMBAT</b> 30Mins	6:45~7:15 LES MILLS <b>BODYBALANCE</b> 30Mins
8:00	7:30~8:00 LES MILLS <b>BODYCOMBAT</b> 30Mins	7:30~8:00 LES MILLS <b>RPM</b> 30Mins	7:30~8:00 LES MILLS <b>BODYBALANCE</b> 30Mins	7:30~8:00 LES MILLS <b>CORE</b> 30Mins	7:30~8:00 LES MILLS <b>BODYATTACK</b> 30Mins	7:30~8:00 LES MILLS <b>CORE</b> 30Mins	7:30~8:00 LES MILLS <b>RPM</b> 30Mins
	8:15~8:45 LES MILLS <b>BODYBALANCE</b> 30Mins	8:15~8:45 LES MILLS <b>CORE</b> 30Mins	8:15~8:45 LES MILLS <b>BODYCOMBAT</b> 30Mins	8:15~8:45 LES MILLS <b>RPM</b> 30Mins	8:15~8:45 LES MILLS <b>CORE</b> 30Mins	8:15~9:00 LES MILLS <b>BODYATTACK</b> 45Mins	8:15~9:00 LES MILLS <b>BODYPUMP</b> 45Mins
9:00	9:00~9:45 LES MILLS <b>BODYPUMP</b> 45Mins	9:00~9:45 LES MILLS <b>BODYCOMBAT</b> 45Mins	9:00~9:45 LES MILLS <b>BODYATTACK</b> 45Mins	9:00~9:45 LES MILLS <b>BODYPUMP</b> 45Mins	9:00~9:45 LES MILLS <b>BODYBALANCE</b> 45Mins	9:15~10:15 LES MILLS <b>BODYPUMP</b> 60Mins	9:15~10:15 LES MILLS <b>BODYCOMBAT</b> 60Mins
10:00	10:00~10:30 LES MILLS <b>DANCE</b> 30Mins	10:00~10:30 LES MILLS <b>GRIT   STRENGTH</b> 30Mins	10:00~10:30 LES MILLS <b>GRIT   CARDIO</b> 30Mins	10:00~10:30 LES MILLS <b>CORE</b> 30Mins	10:00~10:30 LES MILLS <b>sprint</b> 30Mins	10:30~11:30 LES MILLS <b>BODYCOMBAT</b> 60Mins	10:30~11:20 LES MILLS <b>RPM</b> 50Mins
11:00	10:45~11:30 LES MILLS <b>BODYBALANCE</b> 45Mins	10:45~11:30 LES MILLS <b>BODYPUMP</b> 45Mins	10:45~11:30 LES MILLS <b>BODYCOMBAT</b> 45Mins	10:45~11:30 LES MILLS <b>BODYATTACK</b> 45Mins	10:45~11:30 LES MILLS <b>BODYPUMP</b> 45Mins		
12:00	11:45~12:15 LES MILLS <b>GRIT   CARDIO</b> 30Mins	11:45~12:15 LES MILLS <b>DANCE</b> 30Mins	11:45~12:15 LES MILLS <b>sprint</b> 30Mins	11:45~12:15 LES MILLS <b>GRIT   STRENGTH</b> 30Mins	11:45~12:15 LES MILLS <b>GRIT   CARDIO</b> 30Mins	11:45~12:30 LES MILLS <b>BODYBALANCE</b> 45Mins	11:45~12:30 LES MILLS <b>DANCE</b> 45Mins
13:00	12:30~13:15 LES MILLS <b>BODYCOMBAT</b> 45Mins	12:30~13:15 LES MILLS <b>BODYBALANCE</b> 45Mins	12:30~13:15 LES MILLS <b>BODYPUMP</b> 45Mins	12:30~13:20 LES MILLS <b>RPM</b> 50Mins	12:30~13:15 LES MILLS <b>BODYCOMBAT</b> 45Mins	12:45~13:45 LES MILLS <b>BODYPUMP</b> 60Mins	12:45~13:45 LES MILLS <b>BODYBALANCE</b> 60Mins
14:00	13:30~14:15 LES MILLS <b>BODYPUMP</b> 45Mins	13:30~14:15 LES MILLS <b>BODYATTACK</b> 45Mins	13:30~14:15 LES MILLS <b>BODYBALANCE</b> 45Mins	13:45~14:30 LES MILLS <b>CORE</b> 45Mins	13:30~14:15 LES MILLS <b>BODYATTACK</b> 45Mins	14:00~14:45 LES MILLS <b>BODYCOMBAT</b> 45Mins	14:00~14:45 LES MILLS <b>BODYATTACK</b> 45Mins
15:00	14:30~15:00 LES MILLS <b>sprint</b> 30Mins	14:30~15:00 LES MILLS <b>GRIT   ATHLETIC</b> 30Mins	14:30~15:00 LES MILLS <b>DANCE</b> 30Mins	14:45~15:30 LES MILLS <b>DANCE</b> 45Mins	14:30~15:00 LES MILLS <b>RPM</b> 30Mins	15:00~15:30 LES MILLS <b>sprint</b> 30Mins	15:00~15:30 LES MILLS <b>GRIT   CARDIO</b> 30Mins
16:00	15:15~15:45 LES MILLS <b>CORE</b> 30Mins	15:15~15:45 LES MILLS <b>RPM</b> 30Mins	15:15~15:45 LES MILLS <b>CORE</b> 30Mins		15:15~15:45 LES MILLS <b>BODYCOMBAT</b> 30Mins		
17:00	16:30~17:30 LES MILLS <b>BODYCOMBAT</b> 60Mins	16:30~17:30 LES MILLS <b>BODYPUMP</b> 60Mins	16:30~17:30 LES MILLS <b>BODYATTACK</b> 60Mins	16:30~17:30 LES MILLS <b>BODYPUMP</b> 60Mins	16:30~17:30 LES MILLS <b>BODYBALANCE</b> 60Mins	16:30~17:30 LES MILLS <b>BODYATTACK</b> 60Mins	16:30~17:30 LES MILLS <b>BODYPUMP</b> 60Mins

18:00

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。

# LES MILLS VIRTUAL 7~9月プログラムスケジュール

	月	火	水	木	金	土	日
18:00	18:00~19:00 LES MILLS BODYPUMP 60Mins	18:00~19:00 LES MILLS BODYCOMBAT 60Mins	18:00~19:00 LES MILLS BODYBALANCE 60Mins	18:00~18:50 LES MILLS RPM 50Mins	18:00~19:00 LES MILLS BODYATTACK 60Mins	18:00~19:00 LES MILLS BODYPUMP 60Mins	18:00~19:00 LES MILLS BODYCOMBAT 60Mins
19:00	19:15~20:15 LES MILLS BODYBALANCE 60Mins	19:15~20:15 LES MILLS BODYATTACK 60Mins	19:15~20:15 LES MILLS BODYCOMBAT 60Mins	19:15~20:15 LES MILLS BODYPUMP 60Mins	19:15~20:05 LES MILLS RPM 50Mins	19:15~20:15 LES MILLS BODYBALANCE 60Mins	19:15~20:15 LES MILLS BODYATTACK 60Mins
20:00	20:30~21:30 LES MILLS BODYATTACK 60Mins	20:30~21:20 LES MILLS RPM 50Mins	20:30~21:20 LES MILLS RPM 50Mins	20:30~21:30 LES MILLS BODYCOMBAT 60Mins	20:30~21:30 LES MILLS BODYBALANCE 60Mins	20:30~21:30 LES MILLS BODYATTACK 60Mins	20:30~21:20 LES MILLS RPM 50Mins
21:00	21:45~22:15 LES MILLS BODYBALANCE 30Mins	21:45~22:15 LES MILLS BODYCOMBAT 30Mins	21:45~22:15 LES MILLS BODYPUMP 30Mins	21:45~22:15 LES MILLS sprint 30Mins	21:45~22:15 LES MILLS DANCE 30Mins	21:45~22:15 LES MILLS CORE 30Mins	21:45~22:15 LES MILLS BODYCOMBAT 30Mins
22:00	22:30~23:00 LES MILLS CORE 30Mins	22:30~23:00 LES MILLS BODYBALANCE 30Mins	22:30~23:00 LES MILLS DANCE 30Mins	22:30~23:00 LES MILLS BODYBALANCE 30Mins	22:30~23:00 LES MILLS BODYATTACK 30Mins	22:30~23:00 LES MILLS BODYCOMBAT 30Mins	22:30~23:00 LES MILLS DANCE 30Mins
23:00	23:15~23:45 LES MILLS DANCE 30Mins	23:15~23:45 LES MILLS GRIT   ATHLETIC 30Mins	23:15~23:45 LES MILLS sprint 30Mins	23:15~23:45 LES MILLS CORE 30Mins	23:15~23:45 LES MILLS RPM 30Mins	23:15~23:45 LES MILLS GRIT   CARDIO 30Mins	23:15~23:45 LES MILLS BODYBALANCE 30Mins
24:00	24:00~24:45 LES MILLS BODYPUMP 45Mins	24:00~24:45 LES MILLS BODYATTACK 45Mins	24:00~24:45 LES MILLS BODYBALANCE 45Mins	24:00~24:45 LES MILLS DANCE 45Mins	24:00~24:45 LES MILLS BODYCOMBAT 45Mins	24:00~24:45 LES MILLS BODYPUMP 45Mins	24:00~24:45 LES MILLS BODYATTACK 45Mins
1:00	1:00~1:30 LES MILLS GRIT   STRENGTH 30Mins	1:00~1:30 LES MILLS CORE 30Mins	1:00~1:30 LES MILLS GRIT   CARDIO 30Mins	1:00~1:30 LES MILLS RPM 30Mins	1:00~1:30 LES MILLS GRIT   ATHLETIC 30Mins	1:00~1:30 LES MILLS BODYBALANCE 30Mins	1:00~1:30 LES MILLS sprint 30Mins
2:00	1:45~2:30 LES MILLS BODYATTACK 45Mins	1:45~2:45 LES MILLS BODYBALANCE 60Mins	1:45~2:30 LES MILLS BODYPUMP 45Mins	1:45~2:30 LES MILLS BODYCOMBAT 45Mins	1:45~2:30 LES MILLS BODYBALANCE 45Mins	1:45~2:30 LES MILLS BODYATTACK 45Mins	1:45~2:30 LES MILLS BODYCOMBAT 45Mins
3:00	2:45~3:15 LES MILLS CORE 30Mins	3:00~3:30 LES MILLS GRIT   CARDIO 30Mins	2:45~3:15 LES MILLS RPM 30Mins	2:45~3:15 LES MILLS CORE 30Mins	2:45~3:15 LES MILLS sprint 30Mins	2:45~3:15 LES MILLS RPM 30Mins	2:45~3:15 LES MILLS BODYPUMP 30Mins
4:00	3:30~4:15 LES MILLS DANCE 45Mins	3:45~4:30 LES MILLS DANCE 45Mins	3:30~4:15 LES MILLS BODYATTACK 45Mins	3:30~4:15 LES MILLS BODYBALANCE 45Mins	3:30~4:15 LES MILLS CORE 45Mins	3:30~4:15 LES MILLS BODYCOMBAT 45Mins	3:30~4:15 LES MILLS BODYATTACK 45Mins
5:00	4:30~5:00 LES MILLS GRIT   CARDIO 30Mins	4:45~5:35 LES MILLS RPM 50Mins	4:30~5:00 LES MILLS GRIT   STRENGTH 30Mins	4:30~5:00 LES MILLS BODYATTACK 30Mins	4:30~5:00 LES MILLS BODYCOMBAT 30Mins	4:30~5:00 LES MILLS CORE 30Mins	4:30~5:00 LES MILLS BODYBALANCE 30Mins
6:00	5:15~5:45 LES MILLS sprint 30Mins		5:15~5:45 LES MILLS CORE 30Mins	5:15~5:45 LES MILLS sprint 30Mins	5:15~5:45 LES MILLS BODYPUMP 30Mins	5:15~5:45 LES MILLS BODYATTACK 30Mins	5:15~5:45 LES MILLS BODYCOMBAT 30Mins

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。