

PROGRAM SCHEDULES

| | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|-------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|
| 12:00 | 12:00~12:45 (45min) LES MILLS BODYBALANCE | 12:00~12:45 (45min) LES MILLS BODYATTACK | 12:00~12:45 (45min) LES MILLS DANCE | 12:00~12:45 (45min) LES MILLS BODYBALANCE | 12:00~12:45 (45min) LES MILLS DANCE | 12:00~12:45 (45min) LES MILLS BODYCOMBAT | 12:00~12:45 (45min) LES MILLS BODYATTACK |
| 12:30 | | | | | | | |
| 13:00 | 13:00~13:30 (30min) LES MILLS BODYATTACK | 13:00~13:30 (30min) LES MILLS BODYBALANCE | 13:00~13:30 (30min) LES MILLS BODYCOMBAT | 13:00~13:30 (30min) LES MILLS DANCE | 13:00~13:30 (30min) LES MILLS BODYATTACK | 13:00~13:30 (30min) LES MILLS DANCE | 13:00~13:30 (30min) LES MILLS CORE |
| 13:30 | | | | | | | |
| 14:00 | 13:45~14:15 (30min) LES MILLS BODYCOMBAT | 13:45~14:15 (30min) LES MILLS DANCE | 13:45~14:15 (30min) LES MILLS BODYBALANCE | 13:45~14:15 (30min) LES MILLS BODYATTACK | 13:45~14:15 (30min) LES MILLS BODYBALANCE | 13:45~14:15 (30min) LES MILLS BODYATTACK | 13:45~14:15 (30min) LES MILLS BODYCOMBAT |
| 14:30 | 14:30~15:00 (30min) LES MILLS BODYBALANCE | 14:30~15:00 (30min) LES MILLS BODYCOMBAT | 14:30~15:00 (30min) LES MILLS BODYATTACK | 14:30~15:00 (30min) LES MILLS DANCE | 14:30~15:00 (30min) LES MILLS BODYCOMBAT | 14:30~15:00 (30min) LES MILLS BODYBALANCE | 14:30~15:00 (30min) LES MILLS BODYATTACK |
| 15:00 | | | | | | | |
| 15:30 | 15:30~16:00 (30min) LES MILLS BODYATTACK | 15:30~16:00 (30min) LES MILLS DANCE | 15:30~16:00 (30min) LES MILLS DANCE | 15:30~16:00 (30min) LES MILLS BODYCOMBAT | 15:30~16:00 (30min) LES MILLS BODYATTACK | 15:30~15:45(15min) LES MILLS CORE | 15:30~16:00 (30min) LES MILLS BODYBALANCE |
| 16:00 | | | | | | | |
| 16:30 | 16:15~16:45 (30min) LES MILLS DANCE | 16:15~16:45 (30min) LES MILLS BODYCOMBAT | 16:15~16:45 (30min) LES MILLS BODYCOMBAT | 16:15~16:45 (30min) LES MILLS BODYATTACK | 16:15~16:45 (30min) LES MILLS BODYBALANCE | 16:00~16:45 (45min) LES MILLS BODYCOMBAT | 16:15~16:45 (30min) LES MILLS DANCE |
| 17:00 | 17:00~17:30 (30min) LES MILLS BODYBALANCE | 17:00~17:15(15min) LES MILLS CORE | 17:00~17:30 (30min) LES MILLS BODYATTACK | 17:00~17:30 (30min) LES MILLS BODYCOMBAT | 17:00~17:30 (30min) LES MILLS DANCE | 17:00~17:30 (30min) LES MILLS BODYATTACK | 17:00~17:15(15min) LES MILLS CORE |
| 17:30 | | | | | | | |
| 18:00 | 17:45~18:15 (30min) LES MILLS BODYATTACK | 17:30~18:15 (45min) LES MILLS DANCE | 17:45~18:15 (30min) LES MILLS BODYBALANCE | 17:45~18:15 (30min) LES MILLS BODYATTACK | 17:45~18:15 (30min) LES MILLS BODYCOMBAT | 17:45~18:15 (30min) LES MILLS DANCE | 17:30~18:15 (45min) LES MILLS BODYBALANCE |
| 18:30 | 18:30~19:00 (30min) LES MILLS BODYCOMBAT | 18:30~19:00 (30min) LES MILLS BODYCOMBAT | 18:30~19:30 (30min) LES MILLS BODYATTACK | 18:30~19:00 (30min) LES MILLS DANCE | 18:30~19:30 (30min) LES MILLS BODYATTACK | 18:30~19:00 (30min) LES MILLS BODYBALANCE | 18:30~19:30 (30min) LES MILLS BODYATTACK |
| 19:00 | | | | | | | |
| 19:30 | 19:15~19:45 (30min) LES MILLS BODYATTACK | 19:15~19:45 (30min) LES MILLS BODYBALANCE | 19:15~19:45 (30min) LES MILLS DANCE | 19:15~19:45 (30min) LES MILLS BODYBALANCE | 19:15~19:45(30min) LES MILLS CORE | 19:15~19:45 (30min) LES MILLS BODYATTACK | 19:15~19:45 (30min) LES MILLS BODYCOMBAT |
| 20:00 | 20:00~20:45 (45min) LES MILLS DANCE | 20:00~20:45 (45min) LES MILLS BODYATTACK | 20:00~20:45 (45min) LES MILLS BODYCOMBAT | 20:00~20:45 (45min) LES MILLS DANCE | 20:00~20:45 (45min) LES MILLS BODYBALANCE | 20:00~20:45 (45min) LES MILLS BODYCOMBAT | 20:00~20:45 (45min) LES MILLS BODYATTACK |
| 20:30 | | | | | | | |
| 21:00 | 21:00~21:45 (45min) LES MILLS BODYBALANCE | 21:00~21:45 (45min) LES MILLS DANCE | 21:00~21:45 (45min) LES MILLS BODYATTACK | 21:00~21:45 (45min) LES MILLS BODYBALANCE | 21:00~21:45 (45min) LES MILLS BODYCOMBAT | 21:00~21:45 (45min) LES MILLS BODYBALANCE | 21:00~21:45 (45min) LES MILLS DANCE |
| 21:30 | | | | | | | |
| 22:00 | 22:00~22:30 (30min) LES MILLS DANCE | 22:00~22:30(30min) LES MILLS CORE | 22:00~22:30 (30min) LES MILLS BODYBALANCE | 22:00~22:30 (30min) LES MILLS BODYCOMBAT | 22:00~22:30 (30min) LES MILLS DANCE | 22:00~22:30(30min) LES MILLS CORE | 22:00~22:30 (30min) LES MILLS BODYCOMBAT |
| 22:30 | | | | | | | |
| 23:00 | 22:45~23:15 (30min) LES MILLS BODYATTACK | 22:45~23:15 (30min) LES MILLS BODYCOMBAT | 22:45~23:15 (30min) LES MILLS BODYATTACK | 22:45~23:15(30min) LES MILLS CORE | 22:45~23:15 (30min) LES MILLS BODYBALANCE | 22:45~23:15 (30min) LES MILLS DANCE | 22:45~23:15 (30min) LES MILLS BODYBALANCE |
| 23:30 | 23:30~0:00 (30min) LES MILLS BODYCOMBAT | 23:30~0:00 (30min) LES MILLS DANCE | 23:30~23:45(15min) LES MILLS CORE | 23:30~0:00 (30min) LES MILLS BODYBALANCE | 23:30~0:00 (30min) LES MILLS BODYATTACK | 23:30~0:00 (30min) LES MILLS BODYCOMBAT | 23:30~0:00(30min) LES MILLS CORE |

PROGRAM SCHEDULES

| | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|-------|----------------------------------------------------|----------------------------------------------------|----------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|
| 0:00 | | | | | | | |
| 0:30 | 0:15~0:45 (30min) LES MILLS DANCE | 0:15~0:45 (30min) LES MILLS BODYATTACK | 0:15~0:45 (30min) LES MILLS BODYBALANCE | 0:15~0:45 (30min) LES MILLS BODYCOMBAT | 0:15~0:30(15min) CORE | 0:15~0:45 (30min) LES MILLS BODYBALANCE | 0:15~0:45 (30min) LES MILLS BODYATTACK |
| 1:00 | 1:00~1:30 (30min) LES MILLS BODYATTACK | 1:00~1:30 (30min) LES MILLS BODYBALANCE | 1:00~1:30 (30min) LES MILLS BODYCOMBAT | 1:00~1:30(30min) CORE | 0:45~1:30 (45min) LES MILLS BODYATTACK | 1:00~1:30 (30min) LES MILLS DANCE | 1:00~1:30 (30min) LES MILLS DANCE |
| 1:30 | | | | | | | |
| 2:00 | 1:45~2:30 (45min) LES MILLS BODYCOMBAT | 1:45~2:30 (45min) LES MILLS BODYATTACK | 1:45~2:30 (45min) LES MILLS DANCE | 1:45~2:30 (45min) LES MILLS BODYCOMBAT | 1:45~2:30 (45min) LES MILLS BODYBALANCE | 1:45~2:30 (45min) LES MILLS BODYATTACK | 1:45~2:30 (45min) LES MILLS BODYBALANCE |
| 2:30 | | | | | | | |
| 3:00 | 2:45~3:30 (45min) LES MILLS BODYBALANCE | 2:45~3:30 (45min) LES MILLS DANCE | 2:45~3:30 (45min) LES MILLS BODYATTACK | 2:45~3:30 (45min) LES MILLS DANCE | 2:45~3:30 (45min) LES MILLS BODYATTACK | 2:45~3:30 (45min) LES MILLS BODYCOMBAT | 2:45~3:30 (45min) LES MILLS BODYATTACK |
| 3:30 | | | | | | | |
| 4:00 | 3:45~4:15 (30min) LES MILLS DANCE | 3:45~4:15 (30min) LES MILLS BODYCOMBAT | 3:45~4:15 (30min) LES MILLS DANCE | 3:45~4:15 (30min) LES MILLS BODYBALANCE | 3:45~4:15 (30min) LES MILLS DANCE | 3:45~4:15 (30min) LES MILLS BODYATTACK | 3:45~4:15 (30min) LES MILLS BODYCOMBAT |
| 4:30 | 4:30~5:00 (30min) LES MILLS BODYATTACK | 4:30~5:00 (30min) LES MILLS BODYBALANCE | 4:30~5:00 (30min) LES MILLS BODYCOMBAT | 4:30~5:00 (30min) LES MILLS BODYATTACK | 4:30~5:00 (30min) LES MILLS BODYCOMBAT | 4:30~4:45(15min) CORE | 4:30~5:00 (30min) LES MILLS BODYCOMBAT |
| 5:00 | | | | | | | |
| 5:30 | 5:15~5:45 (30min) LES MILLS BODYBALANCE | 5:15~5:45 (30min) LES MILLS BODYATTACK | 5:15~5:45 (30min) LES MILLS BODYBALANCE | 5:15~5:45 (30min) LES MILLS DANCE | 5:15~5:45 (30min) LES MILLS BODYBALANCE | 5:00~5:45 (45min) LES MILLS BODYCOMBAT | 5:15~5:45 (30min) LES MILLS DANCE |
| 6:00 | 6:00~6:45 (45min) LES MILLS BODYATTACK | 6:00~6:45 (45min) LES MILLS DANCE | 6:00~6:45 (45min) LES MILLS BODYCOMBAT | 6:00~6:45 (45min) LES MILLS BODYBALANCE | 6:00~6:45 (45min) LES MILLS BODYATTACK | 6:00~6:45 (45min) LES MILLS BODYBALANCE | 6:00~6:45 (45min) LES MILLS BODYATTACK |
| 6:30 | | | | | | | |
| 7:00 | 7:00~7:30 (30min) LES MILLS BODYCOMBAT | 7:00~7:30 (30min) LES MILLS BODYBALANCE | 7:00~7:30 (30min) LES MILLS BODYATTACK | 7:00~7:30 (30min) LES MILLS BODYCOMBAT | 7:00~7:30 (30min) LES MILLS DANCE | 7:00~7:30(30min) CORE | 7:00~7:30 (30min) LES MILLS DANCE |
| 7:30 | | | | | | | |
| 8:00 | 7:45~8:30 (45min) LES MILLS BODYBALANCE | 7:45~8:30 (45min) LES MILLS BODYCOMBAT | 7:45~8:30 (45min) LES MILLS DANCE | 7:45~8:30 (45min) LES MILLS BODYATTACK | 7:45~8:30 (45min) LES MILLS BODYCOMBAT | 7:45~8:30 (45min) LES MILLS BODYATTACK | 7:45~8:30 (45min) LES MILLS BODYBALANCE |
| 8:30 | | | | | | | |
| 9:00 | 8:45~9:30 (45min) LES MILLS BODYCOMBAT | 8:45~9:30 (45min) LES MILLS DANCE | 8:45~9:30 (45min) LES MILLS BODYBALANCE | 8:45~9:30 (45min) LES MILLS BODYCOMBAT | 8:45~9:30 (45min) LES MILLS BODYATTACK | 8:45~9:30 (45min) LES MILLS DANCE | 8:45~9:30 (45min) LES MILLS BODYCOMBAT |
| 9:30 | | | | | | | |
| 10:00 | 9:45~10:15 (30min) LES MILLS DANCE | 9:45~10:15 (30min) LES MILLS BODYBALANCE | 9:45~10:15 (30min) LES MILLS BODYATTACK | 9:45~10:15 (30min) LES MILLS BODYATTACK | 9:45~10:15 (30min) LES MILLS BODYCOMBAT | 9:45~10:15 (30min) LES MILLS BODYCOMBAT | 9:45~10:15 (30min) LES MILLS DANCE |
| 10:30 | 10:30~11:00 (30min) LES MILLS BODYATTACK | 10:30~11:00 (30min) LES MILLS BODYCOMBAT | 10:30~11:00 (30min) LES MILLS DANCE | 10:30~10:45(15min) CORE | 10:30~11:00(30min) CORE | 10:30~11:00 (30min) LES MILLS BODYBALANCE | 10:30~11:00 (30min) LES MILLS BODYATTACK |
| 11:00 | | | | | | | |
| 11:30 | 11:15~11:45(30min) CORE | 11:15~11:45 (30min) LES MILLS BODYATTACK | 11:15~11:45 (30min) LES MILLS BODYCOMBAT | 11:00~11:45 (45min) LES MILLS BODYCOMBAT | 11:15~11:45 (30min) LES MILLS BODYBALANCE | 11:15~11:45 (30min) LES MILLS BODYATTACK | 11:15~11:45 (30min) LES MILLS BODYBALANCE |