

PROGRAM SCHEDULES

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

PROGRAM SCHEDULES

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