

# PROGRAM SCHEDULES

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

# PROGRAM SCHEDULES

	月	火	水	木	金	土	日
12:00	12:00~12:45 (45min) <b>LES MILLS BODYATTACK</b>	12:00~12:45 (45min) <b>LES MILLS BODYBALANCE</b>	12:00~12:45 (45min) <b>LES MILLS DANCE</b>	12:00~12:45 (45min) <b>LES MILLS BODYCOMBAT</b>	12:00~12:45 (45min) <b>LES MILLS BODYBALANCE</b>	12:00~12:45 (45min) <b>LES MILLS BODYATTACK</b>	12:00~12:45 (45min) <b>LES MILLS BODYCOMBAT</b>
12:30							
13:00	13:00~13:30 (30min) <b>LES MILLS BODYCOMBAT</b>	13:00~13:30(30min) <b>CORE</b>	13:00~13:30 (30min) <b>LES MILLS BODYBALANCE</b>	13:00~13:30 (30min) <b>LES MILLS BODYATTACK</b>	13:00~13:30 (30min) <b>LES MILLS BODYCOMBAT</b>	13:00~13:30(30min) <b>LES MILLS DANCE</b>	13:00~13:30 (30min) <b>LES MILLS BODYBALANCE</b>
13:30							
14:00	13:45~14:15 (30min) <b>LES MILLS BODYBALANCE</b>	13:45~14:15 (30min) <b>LES MILLS BODYATTACK</b>	13:45~14:15 (30min) <b>LES MILLS BODYCOMBAT</b>	13:45~14:15 (30min) <b>LES MILLS BODYBALANCE</b>	13:45~14:15(30min) <b>CORE</b>	13:45~14:15 (30min) <b>LES MILLS BODYCOMBAT</b>	13:45~14:15 (30min) <b>LES MILLS DANCE</b>
14:30	14:30~15:00(30min) <b>LES MILLS DANCE</b>	14:30~15:00 (30min) <b>LES MILLS BODYCOMBAT</b>	14:30~15:00 (30min) <b>LES MILLS BODYATTACK</b>	14:30~15:00(30min) <b>CORE</b>	14:30~15:00(30min) <b>LES MILLS DANCE</b>	14:30~15:00 (30min) <b>LES MILLS BODYBALANCE</b>	14:30~15:00 (30min) <b>LES MILLS BODYATTACK</b>
15:00							
15:30	15:30~16:00(30min) <b>CORE</b>	15:30~16:00(30min) <b>LES MILLS DANCE</b>	15:30~16:00(30min) <b>CORE</b>	15:30~16:00 (30min) <b>LES MILLS BODYCOMBAT</b>	15:30~16:00(30min) <b>LES MILLS BODYATTACK</b>	15:30~16:00(30min) <b>LES MILLS DANCE</b>	15:30~16:00 (30min) <b>LES MILLS BODYBALANCE</b>
16:00							
16:30	16:15~16:45 (30min) <b>LES MILLS BODYCOMBAT</b>	16:15~16:45 (30min) <b>LES MILLS BODYBALANCE</b>	16:15~16:45 (30min) <b>LES MILLS BODYATTACK</b>	16:15~16:45(30min) <b>LES MILLS DANCE</b>	16:15~16:45 (30min) <b>LES MILLS BODYBALANCE</b>	16:15~16:45 (30min) <b>LES MILLS BODYATTACK</b>	16:15~16:45 (30min) <b>LES MILLS BODYCOMBAT</b>
17:00	17:00~17:30 (30min) <b>LES MILLS BODYATTACK</b>	17:00~17:30(30min) <b>CORE</b>	17:00~17:30 (30min) <b>LES MILLS BODYBALANCE</b>	17:00~17:30 (30min) <b>LES MILLS BODYATTACK</b>	17:00~17:30 (30min) <b>LES MILLS BODYCOMBAT</b>	17:00~17:30 (30min) <b>LES MILLS BODYBALANCE</b>	17:00~17:30(30min) <b>LES MILLS DANCE</b>
17:30							
18:00	17:45~18:15 (30min) <b>LES MILLS BODYBALANCE</b>	17:45~18:15 (30min) <b>LES MILLS BODYATTACK</b>	17:45~18:15 (30min) <b>LES MILLS BODYCOMBAT</b>	17:45~18:15 (30min) <b>LES MILLS BODYBALANCE</b>	17:45~18:15(30min) <b>LES MILLS DANCE</b>	17:45~18:15 (30min) <b>LES MILLS BODYCOMBAT</b>	17:45~18:15 (30min) <b>LES MILLS BODYATTACK</b>
18:30	18:30~19:00(30min) <b>LES MILLS DANCE</b>	18:30~19:00 (30min) <b>LES MILLS BODYBALANCE</b>	18:30~19:00(30min) <b>LES MILLS DANCE</b>	18:30~19:00 (30min) <b>LES MILLS BODYCOMBAT</b>	18:30~19:00 (30min) <b>LES MILLS BODYATTACK</b>	18:30~19:00(30min) <b>CORE</b>	18:30~19:00 (30min) <b>LES MILLS BODYBALANCE</b>
19:00							
19:30	19:15~19:45 (30min) <b>LES MILLS BODYCOMBAT</b>	19:15~19:45(30min) <b>LES MILLS DANCE</b>	19:15~19:45 (30min) <b>LES MILLS BODYBALANCE</b>	19:15~19:45(30min) <b>CORE</b>	19:15~19:45 (30min) <b>LES MILLS BODYBALANCE</b>	19:15~19:45 (30min) <b>LES MILLS BODYATTACK</b>	19:15~19:45(30min) <b>CORE</b>
20:00	20:00~21:00 (60min) <b>LES MILLS BODYATTACK</b>	20:00~21:00 (60min) <b>LES MILLS BODYCOMBAT</b>	20:00~21:00 (60min) <b>LES MILLS BODYATTACK</b>	20:00~21:00 (60min) <b>LES MILLS BODYBALANCE</b>	20:00~21:00 (60min) <b>LES MILLS BODYCOMBAT</b>	20:00~21:00 (60min) <b>LES MILLS BODYBALANCE</b>	20:00~21:00 (60min) <b>LES MILLS BODYCOMBAT</b>
20:30							
21:00							
21:30	21:15~21:45 (30min) <b>LES MILLS BODYBALANCE</b>	21:15~21:45 (30min) <b>LES MILLS BODYATTACK</b>	21:15~21:45 (30min) <b>LES MILLS BODYCOMBAT</b>	21:15~21:45(30min) <b>LES MILLS DANCE</b>	21:15~21:45 (30min) <b>LES MILLS BODYATTACK</b>	21:15~21:45 (30min) <b>LES MILLS BODYCOMBAT</b>	21:15~21:45 (30min) <b>LES MILLS BODYBALANCE</b>
22:00	22:00~22:30 (30min) <b>LES MILLS BODYCOMBAT</b>	22:00~22:30 (30min) <b>LES MILLS BODYBALANCE</b>	22:00~22:30(30min) <b>CORE</b>	22:00~22:30 (30min) <b>LES MILLS BODYATTACK</b>	22:00~22:30 (30min) <b>LES MILLS BODYCOMBAT</b>	22:00~22:30(30min) <b>LES MILLS DANCE</b>	22:00~22:30(30min) <b>LES MILLS BODYATTACK</b>
22:30							
23:00	22:45~23:15 (30min) <b>LES MILLS DANCE</b>	22:45~23:15(30min) <b>CORE</b>	22:45~23:15 (30min) <b>LES MILLS BODYBALANCE</b>	22:45~23:15 (30min) <b>LES MILLS BODYCOMBAT</b>	22:45~23:15(30min) <b>CORE</b>	22:45~23:15 (30min) <b>LES MILLS BODYATTACK</b>	22:45~23:15 (30min) <b>LES MILLS BODYBALANCE</b>
23:30	23:30~0:00(30min) <b>CORE</b>	23:30~0:00 (30min) <b>LES MILLS BODYCOMBAT</b>	23:30~0:00 (30min) <b>LES MILLS DANCE</b>	23:30~0:00 (30min) <b>LES MILLS BODYBALANCE</b>	23:30~0:00 (30min) <b>LES MILLS BODYATTACK</b>	23:30~0:00 (30min) <b>LES MILLS BODYBALANCE</b>	23:30~0:00 (30min) <b>LES MILLS BODYCOMBAT</b>