

PROGRAM SCHEDULES

	月	火	水	木	金	土	日
0:00							
0:30	0:15~0:45 (30min) LES MILLS BODYBALANCE	0:15~0:45 (30min) LES MILLS BODYCOMBAT	0:15~0:45 (30min) LES MILLS BODYATTACK	0:15~0:45(30min) LES MILLS CORE	0:15~0:45 (30min) LES MILLS BODYCOMBAT	0:15~0:45 (30min) LES MILLS BODYBALANCE	0:15~0:45 (30min) LES MILLS BODYCOMBAT
1:00	1:00~1:30(30min) LES MILLS CORE	1:00~1:30 (30min) LES MILLS BODYBALANCE	01:00~01:30 (30min) LES MILLS BODYCOMBAT	1:00~1:30 (30min) LES MILLS BODYBALANCE	1:00~1:30 (30min) LES MILLS DANCE	1:00~1:30(30min) LES MILLS CORE	1:00~1:30 (30min) LES MILLS DANCE
1:30							
2:00	01:45~02:15 (30min) LES MILLS BODYCOMBAT	01:45~02:15 (30min) LES MILLS BODYATTACK	01:45~02:15 (30min) LES MILLS DANCE	01:45~02:15 (30min) LES MILLS BODYCOMBAT	01:45~02:15 (30min) LES MILLS BODYBALANCE	01:45~02:30 (45min) LES MILLS DANCE	01:45~02:30 (45min) LES MILLS BODYATTACK
2:30	02:30~03:00 (30min) LES MILLS DANCE	02:30~02:45(15min) LES MILLS CORE	02:30~03:00 (30min) LES MILLS BODYBALANCE	02:30~03:00 (30min) LES MILLS BODYATTACK	02:30~03:00 (30min) LES MILLS BODYATTACK		
3:00						02:45~03:30 (45min) LES MILLS BODYCOMBAT	02:45~03:30 (45min) LES MILLS BODYBALANCE
3:30	03:15~03:45 (30min) LES MILLS BODYATTACK	03:15~03:45 (30min) LES MILLS DANCE	03:15~03:45(30min) LES MILLS CORE	03:15~03:45 (30min) LES MILLS DANCE	03:15~03:45 (30min) LES MILLS BODYCOMBAT		
4:00	04:00~04:30 (30min) LES MILLS BODYBALANCE	04:00~04:30 (30min) LES MILLS BODYCOMBAT	04:00~04:30 (30min) LES MILLS BODYATTACK	04:00~04:30 (30min) LES MILLS BODYBALANCE	04:00~04:30(30min) LES MILLS CORE	03:45~04:15 (30min) LES MILLS BODYATTACK	03:45~04:15(30min) LES MILLS CORE
4:30						04:30~05:00 (30min) LES MILLS BODYBALANCE	04:30~05:00 (30min) LES MILLS BODYCOMBAT
5:00	04:45~05:15 (30min) LES MILLS BODYCOMBAT	04:45~05:15 (30min) LES MILLS BODYBALANCE	04:45~05:15 (30min) LES MILLS DANCE	04:45~05:00(15min) LES MILLS CORE	04:45~05:15 (30min) LES MILLS DANCE		
5:30	05:30~06:00 (30min) LES MILLS DANCE	05:30~06:00(30min) LES MILLS CORE	05:30~06:00 (30min) LES MILLS BODYBALANCE	05:15~06:00 (45min) LES MILLS BODYCOMBAT	05:30~06:00 (30min) LES MILLS BODYATTACK	05:15~05:45 (30min) LES MILLS DANCE	05:15~05:45 (30min) LES MILLS BODYATTACK
6:00							
6:30	06:15~07:00(45min) LES MILLS CORE	06:15~07:00 (45min) LES MILLS BODYATTACK	06:15~07:00 (45min) LES MILLS DANCE	06:15~07:00 (45min) LES MILLS BODYBALANCE	06:15~07:00 (45min) LES MILLS BODYCOMBAT	06:00~06:45(45min) LES MILLS CORE	06:00~06:45 (45min) LES MILLS DANCE
7:00							
7:30	07:15~07:45 (30min) LES MILLS BODYBALANCE	07:15~07:45 (30min) LES MILLS BODYBALANCE	07:15~07:45 (30min) LES MILLS BODYATTACK	07:15~07:45 (30min) LES MILLS BODYCOMBAT	07:15~07:30(15min) LES MILLS CORE	07:00~07:30 (30min) LES MILLS BODYCOMBAT	07:00~07:30 (30min) LES MILLS BODYBALANCE
8:00						07:45~08:30 (45min) LES MILLS BODYBALANCE	07:45~08:30 (45min) LES MILLS BODYCOMBAT
8:30	08:00~08:45 (45min) LES MILLS BODYATTACK	08:00~08:45 (45min) LES MILLS BODYCOMBAT	08:00~08:45 (45min) LES MILLS BODYCOMBAT	08:00~08:45 (45min) LES MILLS DANCE	08:00~08:45 (45min) LES MILLS BODYBALANCE		
9:00						08:45~09:15 (30min) LES MILLS BODYATTACK	08:45~09:15 (30min) LES MILLS DANCE
9:30	09:00~09:30 (30min) LES MILLS BODYCOMBAT	09:00~09:30(30min) LES MILLS CORE	09:00~09:30 (30min) LES MILLS DANCE	09:00~09:30 (30min) LES MILLS BODYATTACK	09:00~09:30 (30min) LES MILLS BODYCOMBAT		
10:00	09:45~10:15 (30min) LES MILLS BODYATTACK	09:45~10:15 (30min) LES MILLS BODYATTACK	09:45~10:15 (30min) LES MILLS BODYBALANCE	09:45~10:15 (30min) LES MILLS BODYCOMBAT	09:45~10:15 (30min) LES MILLS DANCE	09:30~10:15 (45min) LES MILLS DANCE	09:30~10:15 (45min) LES MILLS BODYATTACK
10:30							
11:00	10:30~11:15 (45min) LES MILLS BODYBALANCE	10:30~11:15 (45min) LES MILLS DANCE	10:30~11:15 (45min) LES MILLS BODYCOMBAT	10:30~11:15 (45min) LES MILLS BODYBALANCE	10:30~11:15 (45min) LES MILLS BODYATTACK	10:30~11:15 (45min) LES MILLS BODYCOMBAT	10:30~11:15 (45min) LES MILLS BODYBALANCE
11:30							
12:00	11:30~12:00 (30min) LES MILLS DANCE	11:30~12:00 (30min) LES MILLS BODYCOMBAT	11:30~12:00 (30min) LES MILLS BODYATTACK	11:30~12:00(30min) LES MILLS CORE	11:30~12:00 (30min) LES MILLS BODYCOMBAT	11:30~12:00 (30min) LES MILLS BODYBALANCE	11:30~12:00 (30min) LES MILLS BODYCOMBAT

PROGRAM SCHEDULES

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