

PROGRAM SCHEDULES

【5月～7月】

	月	火	水	木	金	土	日
0:00							
0:30	LesMILLS BODYCOMBAT 00:15～00:45(30min)	LesMILLS CORE 00:15～00:45(30min)	LesMILLS BODYBALANCE 00:15～00:45(30min)	LesMILLS BODYATTACK 00:15～00:45(30min)	LesMILLS DANCE 00:15～00:45(30min)	LesMILLS BODYATTACK 00:15～00:45(30min)	LesMILLS BODYCOMBAT 00:15～00:45(30min)
1:00							
1:30	LesMILLS BODYBALANCE 01:00～01:30(30min)	LesMILLS BODYATTACK 01:00～01:30(30min)	LesMILLS DANCE 01:00～01:30(30min)	LesMILLS BODYCOMBAT 01:00～01:30(30min)	LesMILLS CORE 01:00～01:30(30min)	LesMILLS DANCE 01:00～01:45(45min)	LesMILLS BODYBALANCE 01:00～01:45(45min)
2:00	LesMILLS BODYATTACK 01:45～02:15(30min)	LesMILLS BODYCOMBAT 01:45～02:15(30min)	LesMILLS CORE 01:45～02:15(30min)	LesMILLS DANCE 01:45～02:15(30min)	LesMILLS BODYBALANCE 01:45～02:15(30min)	LesMILLS BODYCOMBAT 02:00～02:45(45min)	LesMILLS CORE 02:00～02:45(45min)
2:30							
3:00	LesMILLS DANCE 02:30～03:00(30min)	LesMILLS BODYBALANCE 02:30～03:00(30min)	LesMILLS BODYATTACK 02:30～03:00(30min)	LesMILLS CORE 02:30～03:00(30min)	LesMILLS BODYCOMBAT 02:30～03:00(30min)		
3:30	LesMILLS BODYCOMBAT 03:15～03:45(30min)	LesMILLS CORE 03:15～03:45(30min)	LesMILLS BODYBALANCE 03:15～03:45(30min)	LesMILLS BODYATTACK 03:15～03:45(30min)	LesMILLS DANCE 03:15～03:45(30min)	LesMILLS BODYATTACK 03:00～03:45(45min)	LesMILLS DANCE 03:00～03:45(45min)
4:00							
4:30	LesMILLS CORE 04:00～04:30(30min)	LesMILLS DANCE 04:00～04:30(30min)	LesMILLS BODYCOMBAT 04:00～04:30(30min)	LesMILLS BODYBALANCE 04:00～04:30(30min)	LesMILLS BODYATTACK 04:00～04:30(30min)	LesMILLS BODYBALANCE 04:00～04:45(45min)	LesMILLS BODYATTACK 04:00～04:45(45min)
5:00	LesMILLS BODYBALANCE 04:45～05:15(30min)	LesMILLS BODYCOMBAT 04:45～05:15(30min)	LesMILLS BODYATTACK 04:45～05:15(30min)	LesMILLS BODYCOMBAT 04:45～05:15(30min)	LesMILLS CORE 04:45～05:15(30min)		
5:30	LesMILLS BODYCOMBAT 05:30～06:00(30min)	LesMILLS BODYATTACK 05:30～06:00(30min)	LesMILLS CORE 05:30～06:00(30min)	LesMILLS DANCE 05:30～06:00(30min)	LesMILLS BODYBALANCE 05:30～06:00(30min)	LesMILLS CORE 05:00～05:45(45min)	LesMILLS BODYCOMBAT 05:00～05:45(45min)
6:00							
6:30	LesMILLS BODYATTACK 06:15～06:45(30min)	LesMILLS CORE 06:15～06:45(30min)	LesMILLS DANCE 06:15～06:45(30min)	LesMILLS BODYBALANCE 06:15～06:45(30min)	LesMILLS BODYCOMBAT 06:15～06:45(30min)	LesMILLS DANCE 06:00～06:45(45min)	LesMILLS BODYBALANCE 06:00～06:45(45min)
7:00							
7:30	LesMILLS DANCE 07:00～07:45(45min)	LesMILLS BODYBALANCE 07:00～07:45(45min)	LesMILLS BODYCOMBAT 07:00～07:45(45min)	LesMILLS CORE 07:00～07:45(45min)	LesMILLS DANCE 07:00～07:45(45min)	LesMILLS BODYCOMBAT 07:00～07:45(45min)	LesMILLS CORE 07:00～07:45(45min)
8:00							
8:30	LesMILLS CORE 08:00～08:45(45min)	LesMILLS DANCE 00:00～00:00(45min)	LesMILLS BODYBALANCE 08:00～08:45(45min)	LesMILLS BODYATTACK 08:00～08:45(45min)	LesMILLS BODYCOMBAT 08:00～08:45(45min)	LesMILLS BODYATTACK 08:00～08:45(45min)	LesMILLS DANCE 08:00～08:45(45min)
9:00							
9:30	LesMILLS BODYCOMBAT 09:00～10:00 (60min)	LesMILLS CORE 09:00～10:00 (60min)	LesMILLS BODYCOMBAT 09:00～10:00 (60min)	LesMILLS BODYBALANCE 09:00～09:55 (55min)	LesMILLS BODYATTACK 09:00 09:20 09:25 09:50 (50min)	LesMILLS BODYBALANCE 09:00～09:35(35min)	LesMILLS BODYCOMBAT 09:00～09:35(35min)
10:00						LesMILLS BODYBALANCE 09:35～10:05(30min)	LesMILLS BODYCOMBAT 09:35～10:05(30min)
10:30	LesMILLS DANCE 10:15～10:45 (30min)	LesMILLS CORE 10:15～10:45 (30min)	LesMILLS BODYCOMBAT 10:15～10:45 (30min)	LesMILLS BODYBALANCE 10:15～10:45 (30min)	LesMILLS BODYATTACK 10:15～10:45 (30min)	LesMILLS BODYCOMBAT 10:15～10:40(25min)	LesMILLS BODYATTACK 10:15～10:35(20min)
11:00							
11:30	LesMILLS BODYATTACK 11:00～11:45(45min)	LesMILLS BODYBALANCE 11:00～11:45(45min)	LesMILLS DANCE 11:00～11:45(45min)	LesMILLS CORE 11:00～11:45(45min)	LesMILLS BODYCOMBAT 11:00～11:45(45min)	LesMILLS DANCE 10:45～11:30(45min)	LesMILLS BODYATTACK 10:45～11:30(45min)
12:00							

PROGRAM SCHEDULES

	月	火	水	木	金	土	日
12:00	LesMills BODYBALANCE 12:00~12:20(20min)	LesMills BODYCOMBAT 12:00~12:25(25min)	LesMills CORE 12:00~12:25(25min)	LesMills BODYATTACK 12:00~12:20(20min)	LesMills BODYBALANCE 12:00~12:20(20min)	LesMills CORE 11:45~12:30(45min)	LesMills DANCE 11:45~12:30(45min)
13:00	LesMills CORE 13:00~13:35(35min)	LesMills BODYATTACK 13:00~13:25(25min)	LesMills BODYBALANCE 13:00~13:35(35min)	LesMills BODYCOMBAT 13:00~13:35(35min)	LesMills BODYBALANCE 13:00~13:35(35min)	LesMills BODYATTACK 13:00~13:25(25min)	LesMills BODYCOMBAT 13:00~13:35(35min)
14:00	LesMills DANCE 13:45~14:30(45min)	LesMills BODYBALANCE 13:45~14:30(45min)	LesMills BODYCOMBAT 13:45~14:30(45min)	LesMills DANCE 13:45~14:30(45min)	LesMills BODYATTACK 13:45~14:30(45min)	LesMills BODYATTACK 13:30~14:00(30min)	LesMills BODYCOMBAT 13:35~14:05(30min)
15:00	LesMills BODYBALANCE 14:45~15:30(45min)	LesMills DANCE 14:45~15:30(45min)	LesMills CORE 14:45~15:30(45min)	LesMills BODYBALANCE 14:45~15:30(45min)	LesMills BODYCOMBAT 14:45~15:30(45min)	LesMills BODYBALANCE 14:15~15:00(45min)	LesMills CORE 14:15~15:00(45min)
16:00	LesMills CORE 15:45~16:15(30min)	LesMills BODYCOMBAT 15:45~16:15(30min)	LesMills DANCE 15:45~16:15(30min)	LesMills BODYATTACK 15:45~16:15(30min)	LesMills BODYBALANCE 15:45~16:15(30min)	LesMills DANCE 15:15~16:00(45min)	LesMills BODYATTACK 15:15~16:00(45min)
17:00	LesMills BODYCOMBAT 16:30~17:05(35min)	LesMills BODYBALANCE 16:30~17:05(35min)	LesMills BODYATTACK 16:30~16:55(25min)	LesMills BODYCOMBAT 16:30~17:05(35min)	LesMills CORE 16:30~17:05(35min)	LesMills BODYCOMBAT 16:15~16:40(25min)	LesMills BODYBALANCE 16:15~16:35(20min)
18:00	LesMills BODYCOMBAT 17:15~17:45(30min)	LesMills BODYBALANCE 17:15~17:45(30min)	LesMills BODYATTACK 17:15~17:45(30min)	LesMills DANCE 17:15~17:45(30min)	LesMills CORE 17:15~17:45(30min)	LesMills BODYCOMBAT 16:45~17:30(45min)	LesMills BODYBALANCE 16:45~17:30(45min)
19:00	LesMills DANCE 18:00~18:45(45min)	LesMills CORE 18:00~18:45(45min)	LesMills BODYBALANCE 18:00~18:45(45min)	LesMills BODYCOMBAT 18:00~18:45(45min)	LesMills DANCE 18:00~18:45(45min)	LesMills BODYATTACK 17:45~18:45(60min)	LesMills BODYCOMBAT 17:45~18:45(60min)
20:00	LesMills BODYATTACK 19:00~19:45(45min)	LesMills BODYCOMBAT 19:00~20:00(60min)	LesMills DANCE 19:00~19:45(45min)	LesMills CORE 19:00~19:45(45min)	LesMills BODYBALANCE 19:00~20:00(60min)	LesMills CORE 19:00~19:45(45min)	LesMills DANCE 19:00~19:45(45min)
21:00	LesMills BODYCOMBAT 20:00~21:00(60min)	LesMills BODYBALANCE 20:15~21:00(45min)	LesMills BODYCOMBAT 20:00~21:00(60min)	LesMills BODYBALANCE 20:00~21:00(60min)	LesMills BODYATTACK 20:15~21:00(45min)	LesMills BODYCOMBAT 20:00~21:00(60min)	LesMills BODYATTACK 20:00~21:00(60min)
22:00	LesMills BODYBALANCE 21:15~22:00(45min)	LesMills BODYATTACK 21:15~22:00(45min)	LesMills CORE 21:15~22:00(45min)	LesMills DANCE 21:15~22:00(45min)	LesMills BODYCOMBAT 21:15~22:00(45min)	LesMills BODYBALANCE 21:15~22:00(45min)	LesMills CORE 21:15~22:00(45min)
23:00	LesMills CORE 22:15~23:00(45min)	LesMills DANCE 22:15~23:00(45min)	LesMills BODYATTACK 22:15~23:00(45min)	LesMills BODYCOMBAT 22:15~23:00(45min)	LesMills BODYBALANCE 22:15~23:00(45min)	LesMills DANCE 22:15~23:00(45min)	LesMills BODYBALANCE 22:15~23:00(45min)
23:30	LesMills DANCE 23:15~24:00(45min)	LesMills BODYCOMBAT 23:15~24:00(45min)	LesMills BODYBALANCE 23:15~24:00(45min)	LesMills BODYATTACK 23:15~24:00(45min)	LesMills CORE 23:15~24:00(45min)	LesMills BODYATTACK 23:15~24:00(45min)	LesMills DANCE 23:15~24:00(45min)