

PROGRAM SCHEDULES 【8月～10月】

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

PROGRAM SCHEDULES

	月	火	水	木	金	土	日
12:00							
12:30	LES MILLS CORE 12:00~12:25(25min)	LES MILLS BODYCOMBAT 12:00~12:25(25min)	LES MILLS BODYBALANCE 12:00~12:20(20min)	LES MILLS BODYATTACK 12:00~12:20(20min)	LES MILLS BODYBALANCE 12:00~12:20(20min)	LES MILLS BODYATTACK 12:15~13:00(45min)	LES MILLS BODYBALANCE 12:15~13:00(45min)
13:00	LES MILLS BODYBALANCE 12:25~13:00(35min)	LES MILLS BODYATTACK 12:30~12:55(25min)	LES MILLS DANCE 12:30~13:00(30min)	LES MILLS BODYCOMBAT 12:25~13:00(35min)	LES MILLS CORE 12:25~13:00(35min)		
13:30							
14:00	LES MILLS CORE 13:30~14:15(45min)	LES MILLS BODYCOMBAT 13:30~14:15(45min)	LES MILLS BODYATTACK 13:30~14:15(45min)	LES MILLS DANCE 13:30~14:15(45min)	LES MILLS BODYBALANCE 13:30~14:15(45min)	LES MILLS CORE 13:30~13:55(25min)	LES MILLS BODYATTACK 13:30~13:50(20min)
14:30						LES MILLS BODYBALANCE 14:15~15:15(60min)	LES MILLS BODYCOMBAT 14:15~15:15(60min)
15:00	LES MILLS BODYBALANCE 14:30~15:15(45min)	LES MILLS DANCE 14:30~15:15(45min)	LES MILLS BODYCOMBAT 14:30~15:15(45min)	LES MILLS BODYBALANCE 14:30~15:15(45min)	LES MILLS CORE 14:30~15:15(45min)		
15:30							
16:00	LES MILLS BODYATTACK 15:30~16:00(30min)	LES MILLS BODYBALANCE 15:30~16:00(30min)	LES MILLS CORE 15:30~16:00(30min)	LES MILLS BODYCOMBAT 15:30~16:00(30min)	LES MILLS DANCE 15:30~16:00(30min)	LES MILLS BODYCOMBAT 15:30~16:15(45min)	LES MILLS DANCE 15:30~16:15(45min)
16:30	LES MILLS DANCE 16:15~16:45(30min)	LES MILLS CORE 16:15~16:45(30min)	LES MILLS BODYBALANCE 16:15~16:45(30min)	LES MILLS BODYATTACK 16:15~16:45(30min)	LES MILLS BODYCOMBAT 16:15~16:45(30min)		
17:00						LES MILLS BODYATTACK 16:30~17:15(45min)	LES MILLS CORE 16:30~17:15(45min)
17:30	LES MILLS BODYCOMBAT 17:00~17:45(45min)	LES MILLS BODYATTACK 17:00~17:45(45min)	LES MILLS DANCE 17:00~17:45(45min)	LES MILLS CORE 17:00~17:45(45min)	LES MILLS BODYBALANCE 17:00~17:45(45min)		
18:00						LES MILLS DANCE 17:30~18:15(45min)	LES MILLS BODYBALANCE 17:30~18:15(45min)
18:30	LES MILLS CORE 18:00~18:45(45min)	LES MILLS BODYBALANCE 18:00~18:45(45min)	LES MILLS BODYCOMBAT 18:00~18:45(45min)	LES MILLS DANCE 18:00~18:45(45min)	LES MILLS BODYATTACK 18:00~18:45(45min)		
19:00						LES MILLS CORE 18:30~19:00(30min)	LES MILLS BODYCOMBAT 18:30~19:00(30min)
19:30	LES MILLS BODYCOMBAT 19:00~20:00(60min)	LES MILLS CORE 19:00~19:45(45min)	LES MILLS BODYBALANCE 19:00~20:00(60min)	LES MILLS BODYATTACK 19:00~19:45(45min)	LES MILLS DANCE 19:00~19:45(45min)	LES MILLS BODYCOMBAT 19:15~19:45(30min)	LES MILLS DANCE 19:15~19:45(30min)
20:00							
20:30	LES MILLS DANCE 20:15~21:00(45min)	LES MILLS BODYATTACK 20:00~21:00(60min)	LES MILLS CORE 20:15~21:00(45min)	LES MILLS BODYBALANCE 20:00~21:00(60min)	LES MILLS BODYCOMBAT 20:00~21:00(60min)	LES MILLS BODYATTACK 20:00~21:00(60min)	LES MILLS BODYCOMBAT 20:00~21:00(60min)
21:00							
21:30	LES MILLS BODYATTACK 21:15~22:00(45min)	LES MILLS BODYCOMBAT 21:15~22:15(60min)	LES MILLS DANCE 21:15~22:00(45min)	LES MILLS BODYCOMBAT 21:15~22:15(60min)	LES MILLS BODYBALANCE 21:15~22:00(45min)	LES MILLS DANCE 21:15~22:00(45min)	LES MILLS BODYATTACK 21:15~22:00(45min)
22:00							
22:30	LES MILLS BODYBALANCE 22:15~23:00(45min)	LES MILLS DANCE 22:30~23:00(30min)	LES MILLS BODYATTACK 22:15~23:00(45min)	LES MILLS DANCE 22:30~23:00(30min)	LES MILLS CORE 22:15~23:00(45min)	LES MILLS BODYBALANCE 22:15~23:00(45min)	LES MILLS CORE 22:15~23:00(45min)
23:00							
23:30	LES MILLS CORE 23:15~24:00(45min)	LES MILLS BODYBALANCE 23:15~24:00(45min)	LES MILLS BODYCOMBAT 23:15~24:00(45min)	LES MILLS CORE 23:15~24:00(45min)	LES MILLS DANCE 23:15~24:00(45min)	LES MILLS BODYCOMBAT 23:15~24:00(45min)	LES MILLS BODYBALANCE 23:15~24:00(45min)