

PROGRAM SCHEDULES 【11月～1月】

	月	火	水	木	金	土	日
0:00							
0:30	LES MILLS BODYBALANCE 0:15～0:45(30min)	LES MILLS CORE 0:15～0:45(30min)	LES MILLS DANCE 0:15～0:45(30min)	LES MILLS BODYATTACK 0:15～0:45(30min)	LES MILLS BODYCOMBAT 0:15～0:45(30min)	LES MILLS DANCE 0:15～0:45(30min)	LES MILLS BODYATTACK 0:15～0:45(30min)
1:00							
1:30	LES MILLS BODYATTACK 1:00～1:45(45min)	LES MILLS BODYBALANCE 1:00～1:45(45min)	LES MILLS BODYCOMBAT 1:00～1:45(45min)	LES MILLS CORE 1:00～1:45(45min)	LES MILLS DANCE 1:00～1:45(45min)	LES MILLS BODYBALANCE 1:00～1:45(45min)	LES MILLS BODYCOMBAT 1:00～1:45(45min)
2:00							
2:30	LES MILLS BODYCOMBAT 2:00～2:30(30min)	LES MILLS DANCE 2:00～2:30(30min)	LES MILLS BODYATTACK 2:00～2:30(30min)	LES MILLS BODYBALANCE 2:00～2:30(30min)	LES MILLS CORE 2:00～2:30(30min)	LES MILLS BODYATTACK 2:00～2:30(30min)	LES MILLS BODYBALANCE 2:00～2:30(30min)
3:00							
3:30	LES MILLS DANCE 2:45～3:30(45min)	LES MILLS CORE 2:45～3:30(45min)	LES MILLS BODYBALANCE 2:45～3:30(45min)	LES MILLS BODYCOMBAT 2:45～3:30(45min)	LES MILLS BODYATTACK 2:45～3:30(45min)	LES MILLS CORE 2:45～3:30(45min)	LES MILLS DANCE 2:45～3:30(45min)
4:00							
4:30	LES MILLS CORE 3:45～4:15(30min)	LES MILLS BODYCOMBAT 3:45～4:15(30min)	LES MILLS DANCE 3:45～4:15(30min)	LES MILLS BODYATTACK 3:45～4:15(30min)	LES MILLS BODYBALANCE 3:45～4:15(30min)	LES MILLS BODYCOMBAT 3:45～4:15(30min)	LES MILLS CORE 3:45～4:15(30min)
5:00							
5:30	LES MILLS BODYBALANCE 4:30～5:15(45min)	LES MILLS BODYATTACK 4:30～5:15(45min)	LES MILLS CORE 4:30～5:15(45min)	LES MILLS DANCE 4:30～5:15(45min)	LES MILLS BODYCOMBAT 4:30～5:15(45min)	LES MILLS DANCE 4:30～5:15(45min)	LES MILLS BODYCOMBAT 4:30～5:15(45min)
6:00	LES MILLS BODYATTACK 5:30～5:55(25min) 	LES MILLS BODYBALANCE 5:30～6:05(35min) 	LES MILLS BODYCOMBAT 5:30～6:05(35min) 	LES MILLS CORE 5:30～6:05(35min) 	LES MILLS DANCE 5:30～6:00(30min) 	LES MILLS BODYBALANCE 5:30～6:05(35min) 	LES MILLS BODYATTACK 5:30～5:55(25min) 
6:30							
7:00	LES MILLS BODYCOMBAT 6:15～7:00(45min)	LES MILLS CORE 6:15～7:00(45min)	LES MILLS DANCE 6:15～7:00(45min)	LES MILLS BODYBALANCE 6:15～7:00(45min)	LES MILLS BODYATTACK 6:15～7:00(45min)	LES MILLS CORE 6:15～6:40(35min) 	LES MILLS BODYCOMBAT 6:15～6:40(35min) 
7:30							
8:00	LES MILLS DANCE 7:15～7:45(30min)	LES MILLS BODYATTACK 7:15～7:45(30min)	LES MILLS BODYBALANCE 7:15～7:45(30min)	LES MILLS BODYCOMBAT 7:15～7:45(30min)	LES MILLS CORE 7:15～7:45(30min)	LES MILLS BODYCOMBAT 7:00～7:45(45min)	LES MILLS DANCE 7:00～7:45(45min)
8:30	LES MILLS BODYBALANCE 8:00～8:20(20min) 	LES MILLS BODYCOMBAT 8:00～8:25(25min) 	LES MILLS CORE 8:00～8:25(25min) 	LES MILLS BODYATTACK 8:00～8:20(20min) 	LES MILLS BODYCOMBAT 8:00～8:25(25min) 	LES MILLS BODYATTACK 8:00～8:20(20min) 	LES MILLS CORE 8:00～8:25(25min) 
9:00							
9:30	LES MILLS BODYBALANCE 8:30～9:15(45min)	LES MILLS DANCE 8:30～9:15(45min)	LES MILLS CORE 8:30～9:15(45min)	LES MILLS BODYATTACK 8:30～9:15(45min)	LES MILLS BODYCOMBAT 8:30～9:15(45min)	LES MILLS DANCE 8:45～9:15(30min)	LES MILLS BODYBALANCE 8:45～9:15(30min)
10:00							
10:30	LES MILLS BODYCOMBAT 9:30～10:00(30min)	LES MILLS BODYBALANCE 9:30～10:00(30min)	LES MILLS BODYATTACK 9:30～10:00(30min)	LES MILLS DANCE 9:30～10:00(30min)	LES MILLS BODYBALANCE 9:30～10:00(30min)	LES MILLS BODYCOMBAT 9:30～10:15(45min)	LES MILLS CORE 9:30～10:15(45min)
11:00							
11:30	LES MILLS BODYBALANCE 10:15～11:00(45min)	LES MILLS BODYATTACK 10:15～11:00(45min)	LES MILLS BODYCOMBAT 10:15～11:00(45min)	LES MILLS CORE 10:15～11:00(45min)	LES MILLS DANCE 10:15～11:00(45min)	LES MILLS BODYATTACK 10:30～11:15(45min)	LES MILLS BODYCOMBAT 10:30～11:15(45min)
11:30	LES MILLS CORE 11:15～11:45(30min)	LES MILLS BODYCOMBAT 11:15～11:45(30min)	LES MILLS DANCE 11:15～11:45(30min)	LES MILLS BODYBALANCE 11:15～11:45(30min)	LES MILLS BODYATTACK 11:15～11:45(30min)	LES MILLS BODYCOMBAT 11:30～11:55(25min) 	LES MILLS BODYBALANCE 11:30～11:50(20min) 
12:00							

PROGRAM SCHEDULES

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