

PROGRAM SCHEDULES 【2月～4月】

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

PROGRAM SCHEDULES

	月	火	水	木	金	土	日
12:00	LES MILLS DANCE 11:30~12:15(45min)	LES MILLS BODYCOMBAT 11:30~12:15(45min)	LES MILLS CORE 11:30~12:15(45min)	LES MILLS BODYATTACK 11:30~12:15(45min)	LES MILLS BODYBALANCE 11:30~12:15(45min)	LES MILLS DANCE 11:30~12:15(45min)	LES MILLS BODYBALANCE 11:30~12:15(45min)
12:30							
13:00	スタジオ貸し出し時間 (12:30~13:30)						
13:30							
14:00	LES MILLS BODYATTACK 13:45~14:15(30min)	LES MILLS BODYBALANCE 13:45~14:15(30min)	LES MILLS DANCE 13:45~14:15(30min)	LES MILLS BODYCOMBAT 13:45~14:15(30min)	LES MILLS DANCE 13:45~14:15(30min)	LES MILLS BODYATTACK 13:45~14:30(45min)	LES MILLS BODYCOMBAT 13:45~14:45(60min)
14:30							
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 BODYATTACK 14:30~15:15(45min)	LES MILLS BODYBALANCE 14:45~15:45(60min)	LES MILLS DANCE 15:00~15:45(45min)
15:30							
16:00	LES MILLS DANCE 15:30~16:15(45min)	LES MILLS BODYCOMBAT 15:30~16:15(45min)	LES MILLS BODYBALANCE 15:30~16:15(45min)	LES MILLS DANCE 15:30~16:15(45min)	LES MILLS CORE 15:30~16:15(45min)	スタジオ貸し出し時間 (16:00~17:00)	
16:30	LES MILLS BODYCOMBAT 16:30~17:00(30min)	LES MILLS BODYATTACK 16:30~17:00(30min)	LES MILLS DANCE 16:30~17:00(30min)	LES MILLS CORE 16:30~17:00(30min)	LES MILLS BODYBALANCE 16:30~17:00(30min)		
17:00							
17:30	LES MILLS BODYBALANCE 17:15~18:00(45min)	LES MILLS CORE 17:15~18:00(45min)	LES MILLS BODYCOMBAT 17:15~18:00(45min)	LES MILLS BODYATTACK 17:15~18:00(45min)	LES MILLS DANCE 17:15~18:00(45min)	LES MILLS BODYCOMBAT 17:15~18:15(60min)	LES MILLS BODYATTACK 17:15~18:15(60min)
18:00							
18:30	LES MILLS CORE 18:15~19:00(45min)	LES MILLS DANCE 18:15~19:00(45min)	LES MILLS BODYATTACK 18:15~19:00(45min)	LES MILLS BODYBALANCE 18:15~19:00(45min)	LES MILLS BODYCOMBAT 18:15~19:00(45min)	LES MILLS DANCE 18:30~19:15(45min)	LES MILLS CORE 18:30~19:15(45min)
19:00							
19:30	LES MILLS BODYCOMBAT 19:15~20:15(60min)	LES MILLS BODYATTACK 19:15~20:00(45min)	LES MILLS BODYBALANCE 19:15~20:15(60min)	LES MILLS DANCE 19:15~20:00(45min)	LES MILLS BODYATTACK 19:15~20:15(60min)	LES MILLS BODYATTACK 19:30~20:15(45min)	LES MILLS BODYCOMBAT 19:30~20:15(45min)
20:00							
20:30	LES MILLS DANCE 20:30~21:15(45min)	LES MILLS BODYBALANCE 20:15~21:15(60min)	LES MILLS CORE 20:30~21:15(45min)	LES MILLS BODYCOMBAT 20:15~21:15(60min)	LES MILLS BODYBALANCE 20:30~21:15(45min)	LES MILLS BODYCOMBAT 20:30~21:15(45min)	LES MILLS BODYBALANCE 20:30~21:15(45min)
21:00							
21:30	LES MILLS BODYBALANCE 21:30~22:15(45min)	LES MILLS BODYCOMBAT 21:30~22:15(45min)	LES MILLS DANCE 21:30~22:15(45min)	LES MILLS BODYATTACK 21:30~22:15(45min)	LES MILLS CORE 21:30~22:15(45min)	LES MILLS CORE 21:30~22:00(30min)	LES MILLS DANCE 21:30~22:00(30min)
22:00							
22:30	LES MILLS BODYATTACK 22:30~23:15(45min)	LES MILLS CORE 22:30~23:15(45min)	LES MILLS BODYCOMBAT 22:30~23:15(45min)	LES MILLS BODYBALANCE 22:30~23:15(45min)	LES MILLS DANCE 22:30~23:15(45min)	LES MILLS BODYBALANCE 22:15~23:00(45min)	LES MILLS BODYATTACK 22:15~23:00(45min)
23:00							
23:30	LES MILLS CORE 23:30~24:00(30min)	LES MILLS DANCE 23:30~24:00(30min)	LES MILLS BODYATTACK 23:30~24:00(30min)	LES MILLS BODYCOMBAT 23:30~24:00(30min)	LES MILLS BODYBALANCE 23:30~24:00(30min)	LES MILLS DANCE 23:15~24:00(45min)	LES MILLS CORE 23:15~24:00(45min)
0:00							