

PROGRAM SCHEDULES 【8月～10月】

	月	火	水	木	金	土	日
0:00							
0:30	LesMILLS DANCE 0:15～0:45(30min)	LesMILLS DANCE 0:15～0:45(30min)	LesMILLS CORE 0:15～0:45(30min)	LesMILLS BODYATTACK 0:15～0:45(30min)	LesMILLS BODYCOMBAT 0:15～0:45(30min)	LesMILLS BODYCOMBAT 0:15～1:00(45min)	LesMILLS CORE 0:15～1:00(45min)
1:00	LesMILLS CORE 1:00～1:45(45min)	LesMILLS BODYBALANCE 1:00～1:45(45min)	LesMILLS DANCE 1:00～1:45(45min)	LesMILLS BODYATTACK 1:00～1:45(45min)	LesMILLS CORE 1:00～1:45(45min)	LesMILLS DANCE 1:15～2:00(45min)	LesMILLS BODYATTACK 1:15～2:00(45min)
1:30							
2:00	LesMILLS BODYBALANCE 2:00～2:30(30min)	LesMILLS CORE 2:00～2:30(30min)	LesMILLS BODYCOMBAT 2:00～2:30(30min)	LesMILLS DANCE 2:00～2:30(30min)	LesMILLS BODYATTACK 2:00～2:30(30min)	LesMILLS CORE 2:15～2:45(30min)	LesMILLS BODYCOMBAT 2:15～2:45(30min)
2:30							
3:00	LesMILLS BODYCOMBAT 2:45～3:30(45min)	LesMILLS DANCE 2:45～3:30(45min)	LesMILLS BODYBALANCE 2:45～3:30(45min)	LesMILLS CORE 2:45～3:30(45min)	LesMILLS BODYATTACK 2:45～3:30(45min)	LesMILLS BODYATTACK 3:00～3:45(45min)	LesMILLS BODYBALANCE 3:00～3:45(45min)
3:30							
4:00	LesMILLS DANCE 3:45～4:15(30min)	LesMILLS BODYATTACK 3:45～4:15(30min)	LesMILLS CORE 3:45～4:15(30min)	LesMILLS BODYCOMBAT 3:45～4:15(30min)	LesMILLS DANCE 3:45～4:15(30min)	LesMILLS BODYBALANCE 4:00～4:30(30min)	LesMILLS CORE 4:00～4:30(30min)
4:30							
5:00	LesMILLS BODYATTACK 4:30～5:15(45min)	LesMILLS CORE 4:30～5:15(45min)	LesMILLS BODYCOMBAT 4:30～5:15(45min)	LesMILLS DANCE 4:30～5:15(45min)	LesMILLS BODYBALANCE 4:30～5:15(45min)	LesMILLS BODYCOMBAT 4:45～5:30(45min)	LesMILLS DANCE 4:45～5:30(45min)
5:30							
6:00	LesMILLS BODYCOMBAT 5:30～6:05(35min)	LesMILLS BODYBALANCE 5:30～6:05(35min)	LesMILLS BODYATTACK 5:30～5:55(25min)	LesMILLS BODYCOMBAT 5:30～6:05(35min)	LesMILLS CORE 5:30～6:05(35min)	LesMILLS CORE 5:45～6:15(30min)	LesMILLS BODYATTACK 5:45～6:10(25min)
6:30							
7:00	LesMILLS BODYBALANCE 6:15～7:00(45min)	LesMILLS BODYCOMBAT 6:15～7:00(45min)	LesMILLS CORE 6:15～7:00(45min)	LesMILLS BODYATTACK 6:15～7:00(45min)	LesMILLS DANCE 6:15～7:00(45min)	LesMILLS BODYBALANCE 6:30～7:05(35min)	LesMILLS BODYCOMBAT 6:30～7:05(35min)
7:30							
8:00	LesMILLS DANCE 7:15～8:00(45min)	LesMILLS BODYATTACK 7:15～8:00(45min)	LesMILLS BODYBALANCE 7:15～8:00(45min)	LesMILLS CORE 7:15～8:00(45min)	LesMILLS BODYCOMBAT 7:15～8:00(45min)	LesMILLS DANCE 7:15～8:00(45min)	LesMILLS BODYBALANCE 7:15～8:00(45min)
8:30							
9:00	LesMILLS CORE 8:15～8:40(25min)	LesMILLS BODYBALANCE 8:15～8:35(20min)	LesMILLS DANCE 8:15～8:45(30min)	LesMILLS BODYCOMBAT 8:15～8:40(25min)	LesMILLS BODYATTACK 8:15～8:35(20min)	LesMILLS BODYATTACK 8:15～8:40(25min)	LesMILLS CORE 8:15～8:40(25min)
9:30							
10:00	LesMILLS CORE 8:45～9:15(30min)	LesMILLS BODYBALANCE 8:45～9:15(30min)	LesMILLS DANCE 8:45～9:15(30min)	LesMILLS BODYCOMBAT 8:45～9:15(30min)	LesMILLS BODYATTACK 8:45～9:15(30min)	LesMILLS CORE 9:00～9:45(45min)	LesMILLS DANCE 9:00～9:45(45min)
10:30							
11:00	LesMILLS BODYATTACK 9:30～10:15(45min)	LesMILLS CORE 9:30～10:15(45min)	LesMILLS BODYCOMBAT 9:30～10:15(45min)	LesMILLS DANCE 9:30～10:15(45min)	LesMILLS BODYBALANCE 9:30～10:15(45min)	LesMILLS BODYCOMBAT 10:00～11:00(60min)	LesMILLS BODYATTACK 10:00～11:00(60min)
11:30							
12:00	LesMILLS BODYCOMBAT 10:30～11:15(45min)	LesMILLS BODYCOMBAT 10:30～11:15(45min)	LesMILLS CORE 10:30～11:15(45min)	LesMILLS BODYATTACK 10:30～11:15(45min)	LesMILLS DANCE 10:30～11:15(45min)	LesMILLS BODYBALANCE 11:15～12:15(60min)	LesMILLS BODYCOMBAT 11:15～12:15(60min)
12:30							
12:50							
13:00	スタジオ貸し出し時間 (12:30～13:30)						
13:30							
14:00	LesMILLS DANCE 13:45～14:15(30min)	LesMILLS CORE 13:45～14:15(30min)	LesMILLS BODYBALANCE 13:45～14:15(30min)	LesMILLS BODYATTACK 13:45～14:15(30min)	LesMILLS BODYCOMBAT 13:45～14:15(30min)	LesMILLS DANCE 13:45～14:30(45min)	LesMILLS BODYATTACK 13:45～14:30(45min)
14:30							
15:00	LesMILLS BODYBALANCE 14:30～15:15(45min)	LesMILLS BODYCOMBAT 14:30～15:15(45min)	LesMILLS DANCE 14:30～15:15(45min)	LesMILLS BODYBALANCE 14:30～15:15(45min)	LesMILLS BODYATTACK 14:30～15:15(45min)	LesMILLS BODYBALANCE 14:45～15:45(60min)	LesMILLS BODYCOMBAT 14:45～15:45(60min)
15:30							
16:00	LesMILLS CORE 15:30～16:15(45min)	LesMILLS DANCE 15:30～16:15(45min)	LesMILLS BODYATTACK 15:30～16:15(45min)	LesMILLS BODYCOMBAT 15:30～16:15(45min)	LesMILLS DANCE 15:30～16:15(45min)	スタジオ貸し出し時間 (16:00～17:00)	
16:30							
17:00	LesMILLS BODYCOMBAT 16:30～17:00(30min)	LesMILLS BODYATTACK 16:30～17:00(30min)	LesMILLS CORE 16:30～17:00(30min)	LesMILLS DANCE 16:30～17:00(30min)	LesMILLS BODYBALANCE 16:30～17:00(30min)		
17:30							
18:00	LesMILLS BODYATTACK 17:15～18:00(45min)	LesMILLS BODYBALANCE 17:15～18:00(45min)	LesMILLS BODYCOMBAT 17:15～18:00(45min)	LesMILLS CORE 17:15～18:00(45min)	LesMILLS BODYCOMBAT 17:15～18:00(45min)	LesMILLS CORE 17:15～18:00(45min)	LesMILLS DANCE 17:15～18:00(45min)
18:30							
19:00	LesMILLS DANCE 18:15～19:00(45min)	LesMILLS BODYCOMBAT 18:15～19:00(45min)	LesMILLS BODYBALANCE 18:15～19:00(45min)	LesMILLS BODYATTACK 18:15～19:00(45min)	LesMILLS CORE 18:15～19:00(45min)	LesMILLS BODYATTACK 18:15～19:00(45min)	LesMILLS BODYBALANCE 18:15～19:00(45min)
19:30							
20:00	LesMILLS CORE 19:15～20:00(45min)	LesMILLS BODYBALANCE 19:15～20:15(60min)	LesMILLS DANCE 19:15～20:00(45min)	LesMILLS BODYBALANCE 19:15～20:15(60min)	LesMILLS BODYCOMBAT 19:15～20:15(60min)	LesMILLS DANCE 19:15～20:00(45min)	LesMILLS BODYATTACK 19:15～20:00(45min)
20:30							
21:00	LesMILLS BODYCOMBAT 20:15～21:15(60min)	LesMILLS CORE 20:30～21:15(45min)	LesMILLS BODYCOMBAT 20:15～21:15(60min)	LesMILLS DANCE 20:30～21:15(45min)	LesMILLS BODYATTACK 20:30～21:15(45min)	LesMILLS BODYCOMBAT 20:15～21:15(60min)	LesMILLS BODYBALANCE 20:15～21:15(60min)
21:30							
22:00	LesMILLS BODYBALANCE 21:30～22:15(45min)	LesMILLS DANCE 21:30～22:15(45min)	LesMILLS BODYATTACK 21:30～22:15(45min)	LesMILLS BODYCOMBAT 21:30～22:15(45min)	LesMILLS BODYBALANCE 21:30～22:15(45min)	LesMILLS CORE 21:30～22:15(45min)	LesMILLS BODYCOMBAT 21:30～22:15(45min)
22:30							
23:00	LesMILLS DANCE 22:30～23:15(45min)	LesMILLS BODYCOMBAT 22:30～23:15(45min)	LesMILLS CORE 22:30～23:15(45min)	LesMILLS BODYATTACK 22:30～23:15(45min)	LesMILLS DANCE 22:30～23:15(45min)	LesMILLS BODYBALANCE 22:30～23:15(45min)	LesMILLS CORE 22:30～23:15(45min)
23:30							
0:00	LesMILLS BODYCOMBAT 23:30～24:00(30min)	LesMILLS BODYATTACK 23:30～24:00(30min)	LesMILLS DANCE 23:30～24:00(30min)	LesMILLS BODYBALANCE 23:30～24:00(30min)	LesMILLS CORE 23:30～24:00(30min)	LesMILLS BODYATTACK 23:30～24:00(30min)	LesMILLS DANCE 23:30～24:00(30min)

LesMILLS BODYCOMBAT ... バンチャキックなど格闘技の動きを取り入れた全身ワークアウトプログラム
LesMILLS BODYBALANCE ... ヨガ・ピラティス・太極拳の要素を取り入れたワークアウトプログラム
LesMILLS BODYATTACK ... 心肺機能や敏捷性の向上を目指すワークアウトプログラム

LesMILLS DANCE ... 健康を維持しながらダンススキルを向上させたい方ダンスが好きな方に最適なプログラム
LesMILLS CORE ... チューブやプレートを使用、引き締まった身体づくりを目的としたワークアウトプログラム

