PROGRAM SCHEDULES 【11月～1月】

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

スタジオ貸し出し時間 （12：30～13：30）

13:00							
13:30							
14:00	CORE 13:45～14:15(30min)	BODYBALANCE 13:45～14:15(30min)	DANCE 13:45～14:15(30min)	BODYCOMBAT 13:45～14:15(30min)	BODYATTACK 13:45～14:15(30min)	DANCE 13:45～14:30(45min)	CORE 13:45～14:30(45min)
14:30							
15:00	BODYBALANCE 14:30～15:15(45min)	BODYCOMBAT 14:30～15:15(45min)	BODYATTACK 14:30～15:15(45min)	CORE 14:30～15:15(45min)	DANCE 14:30～15:15(45min)	BODYBALANCE 14:45～15:45 (60min)	BODYCOMBAT 14:45～15:45 (60min)
15:30							
16:00	BODYATTACK 15:30～16:15(45min)	DANCE 15:30～16:15(45min)	CORE 15:30～16:15(45min)	BODYBALANCE 15:30～16:15(45min)	BODYCOMBAT 15:30～16:15(45min)		
16:30						スタジオ貸し出し時間 (16:00～17:00)	
17:00	DANCE 16:30～17:00(30min)	BODYATTACK 16:30～17:00(30min)	BODYBALANCE 16:30～17:00(30min)	BODYCOMBAT 16:30～17:00(30min)	CORE 16:30～17:00(30min)		
17:30							
18:00	BODYCOMBAT 17:15～18:00(45min)	CORE 17:15～18:00(45min)	BODYATTACK 17:15～18:00(45min)	DANCE 17:15～18:00(45min)	BODYBALANCE 17:15～18:00(45min)	BODYCOMBAT 17:15～18:00(45min)	BODYATTACK 17:15～18:00(45min)
18:30							
19:00	CORE 18:15～19:00(45min)	BODYCOMBAT 18:15～19:00(45min)	BODYBALANCE 18:15～19:00(45min)	BODYATTACK 18:15～19:00(45min)	DANCE 18:15～19:00(45min)	BODYATTACK 18:15～19:00(45min)	DANCE 18:15～19:00(45min)
19:30							
20:00	BODYATTACK 19:15～20:00(45min)	BODYBALANCE 19:15～20:15 (60min)	DANCE 19:15～20:00(45min)	BODYCOMBAT 19:15～20:15 (60min)	BODYBALANCE 19:15～20:15 (60min)	CORE 19:15～20:00(45min)	BODYBALANCE 19:15～20:00(45min)
20:30							
21:00	BODYCOMBAT 20:15～21:15 (60min)	DANCE 20:30～21:15(45min)	BODYCOMBAT 20:15～21:15 (60min)	CORE 20:30～21:15(45min)	BODYATTACK 20:30～21:15(45min)	BODYBALANCE 20:15～21:15 (60min)	BODYCOMBAT 20:15～21:15 (60min)
21:30							
22:00	BODYBALANCE 21:30～22:15(45min)	BODYATTACK 21:30～22:15(45min)	CORE 21:30～22:15(45min)	DANCE 21:30～22:15(45min)	BODYCOMBAT 21:30～22:15(45min)	DANCE 21:30～22:15(45min)	CORE 21:30～22:15(45min)
22:30							
23:00	DANCE 22:30～23:15(45min)	CORE 22:30～23:15(45min)	BODYATTACK 22:30～23:15(45min)	BODYBALANCE 22:30～23:15(45min)	CORE 22:30～23:15(45min)	BODYCOMBAT 22:30～23:15(45min)	DANCE 22:30～23:15(45min)
23:30							
0:00	CORE 23:30～24:00(30min)	BODYCOMBAT 23:30～24:00(30min)	BODYBALANCE 23:30～24:00(30min)	BODYATTACK 23:30～24:00(30min)	DANCE 23:30～24:00(30min)	BODYATTACK 23:30～24:00(30min)	BODYBALANCE 23:30～24:00(30min)

LesMILLS BODYCOMBAT … パンチや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