

PROGRAM SCHEDULES

レッスン名

|       | 月                   | 火                   | 水                   | 木                   | 金                   | 土                   | 日                   |       |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|-------|
| 10:00 | DANCE (45)          | BODYBALANCE (45)    | BODYCOMBAT (45)     | LES MILLS CORE (30) | BODYBALANCE (45)    | LES MILLS CORE (45) | BODYPUMP (45)       | 10:15 |
| 10:30 |                     |                     |                     |                     |                     |                     |                     | 10:45 |
| 11:00 | BODYCOMBAT (60)     | BODYPUMP (60)       | DANCE (45)          | BODYCOMBAT (60)     | BODYATTACK (45)     | BODYBALANCE (60)    | DANCE (45)          | 11:15 |
| 11:30 |                     |                     |                     |                     |                     |                     |                     | 11:45 |
| 12:00 |                     |                     |                     |                     |                     |                     |                     |       |
| 12:30 | BODYPUMP (60)       | LES MILLS CORE (45) | BODYBALANCE (60)    | DANCE (45)          | BODYPUMP (60)       | GRIT Strength (30)  | BODYATTACK (45)     | 12:15 |
| 13:00 |                     |                     |                     |                     |                     |                     |                     | 12:45 |
| 13:30 |                     | DANCE (45)          | LES MILLS CORE (30) | GRIT Cardio (30)    | LES MILLS CORE (30) | BODYCOMBAT (45)     | BODYBALANCE (60)    | 13:45 |
| 14:00 | BODYBALANCE (60)    |                     |                     |                     |                     |                     |                     | 13:45 |
| 14:30 |                     | BODYCOMBAT (60)     | BODYPUMP (45)       | BODYBALANCE (60)    | BODYCOMBAT (60)     | DANCE (45)          |                     | 14:15 |
| 15:00 |                     |                     |                     |                     |                     |                     | BODYCOMBAT (60)     | 14:45 |
| 15:30 | DANCE (30)          |                     | BODYBALANCE (60)    |                     |                     | LES MILLS CORE (30) |                     | 15:15 |
| 16:00 |                     | GRIT Athletic (30)  |                     | BODYPUMP (60)       | DANCE (45)          |                     |                     | 15:45 |
| 16:30 | LES MILLS CORE (45) |                     |                     |                     |                     | BODYBALANCE (60)    | LES MILLS CORE (45) | 16:15 |
| 17:00 |                     | BODYBALANCE (60)    | BODYCOMBAT (60)     | LES MILLS CORE (45) | BODYCOMBAT (60)     |                     |                     | 16:45 |
| 17:30 | BODYATTACK (45)     |                     |                     |                     |                     | BODYPUMP (60)       | BODYBALANCE (60)    | 17:15 |
| 18:00 |                     | LES MILLS CORE (30) | DANCE (45)          | BODYCOMBAT (60)     | BODYPUMP (60)       |                     | DANCE (45)          | 17:45 |
| 18:30 | BODYBALANCE (60)    |                     |                     |                     |                     |                     |                     | 18:15 |
| 19:00 |                     | DANCE (45)          | LES MILLS CORE (45) | BODYATTACK (45)     |                     | BODYBALANCE (60)    |                     | 18:45 |
| 19:30 | BODYCOMBAT (60)     |                     |                     |                     | BODYCOMBAT (45)     |                     | BODYPUMP (60)       | 19:15 |
| 20:00 |                     | BODYPUMP (45)       | BODYCOMBAT (60)     | BODYPUMP (60)       |                     | BODYCOMBAT (60)     |                     | 19:45 |
| 20:30 | DANCE (45)          | LES MILLS CORE (30) |                     |                     | DANCE (45)          |                     | BODYATTACK (45)     | 20:15 |
| 21:00 |                     |                     |                     |                     |                     |                     |                     | 20:45 |
| 21:30 | BODYPUMP (45)       | BODYATTACK (45)     | BODYBALANCE (60)    | LES MILLS CORE (45) | BODYBALANCE (60)    | BODYPUMP (60)       | BODYCOMBAT (60)     | 21:15 |
| 22:00 |                     |                     |                     |                     |                     |                     |                     | 21:45 |

※プログラムの内容が変更になる場合がございますので予めご了承ください。