

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)					BODYBALANCE (60)		18:15
19:00		DANCE (45)	LES MILLS CORE (45)	BODYATTACK (45)				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。