

# FIT365桶川 2024年11月 バーチャルスタジオプログラム

	月	火	水	木	金	土	日
8:00 30	08:00~08:30 (30min)  LES MILLS BODYCOMBAT	08:00~08:30 (30min)  LES MILLS SH'BAM	08:00~08:30 (30min)  LES MILLS BODYATTACK	08:00~08:30 (30min)  LES MILLS BODYCOMBAT	08:00~08:30 (30min)  LES MILLS BODYBALANCE	08:00~08:30 (30min)  LES MILLS BODYPUMP	08:00~08:30 (30min)  LES MILLS BODYATTACK
9:00 30	09:00~09:30 (30min)  LES MILLS BODYATTACK	09:00~09:30 (30min)  LES MILLS BODYCOMBAT	09:00~09:30 (30min)  LES MILLS BODYBALANCE	09:00~09:30 (30min)  LES MILLS BODYPUMP	09:00~09:30 (30min)  LES MILLS BODYATTACK	09:00~09:30 (30min)  LES MILLS SH'BAM	09:00~09:30 (30min)  LES MILLS BODYCOMBAT
10:00 30	10:00~11:00 (60min)  LES MILLS BODYBALANCE	10:00~11:00 (60min)  LES MILLS BODYPUMP	10:00~11:00 (60min)  LES MILLS BODYCOMBAT	10:00~11:00 (60min)  LES MILLS BODYATTACK	10:00~11:00 (60min)  LES MILLS BODYCOMBAT	10:00~11:00 (60min)  LES MILLS BODYPUMP	10:00~11:00 (60min)  LES MILLS BODYPUMP
11:00 30							
12:00 30	11:30~12:30 (60min)  LES MILLS BODYCOMBAT	11:30~12:30 (60min)  LES MILLS BODYATTACK	11:30~12:30 (60min)  LES MILLS BODYPUMP	11:30~12:30 (60min)  LES MILLS BODYBALANCE	11:30~12:15 (45min)  LES MILLS SH'BAM	11:30~12:30 (60min)  LES MILLS BODYCOMBAT	11:30~12:30 (60min)  LES MILLS BODYATTACK
13:00 30	13:00~13:30 (30min)  LES MILLS BODYATTACK	13:00~13:30 (30min)  LES MILLS BODYBALANCE	13:00~13:30 (30min)  LES MILLS SH'BAM	13:00~13:30 (30min)  LES MILLS SH'BAM	13:00~13:30 (30min)  LES MILLS BODYATTACK	13:00~13:30 (30min)  LES MILLS BODYPUMP	13:00~13:30 (30min)  LES MILLS BODYCOMBAT
14:00 30	14:00~14:45 (45min)  LES MILLS BODYPUMP	14:00~14:45 (45min)  LES MILLS BODYCOMBAT	14:00~14:45 (45min)  LES MILLS BODYATTACK	14:00~14:45 (45min)  LES MILLS BODYATTACK	14:00~14:45 (45min)  LES MILLS BODYCOMBAT	14:00~14:45 (45min)  LES MILLS BODYBALANCE	14:00~14:45 (45min)  LES MILLS SH'BAM
15:00 30	15:30~16:00 (30min)  LES MILLS SH'BAM	15:30~16:00 (30min)  LES MILLS BODYPUMP	15:30~16:00 (30min)  LES MILLS BODYCOMBAT	15:30~16:00 (30min)  LES MILLS BODYPUMP	15:30~16:00 (30min)  LES MILLS SH'BAM	15:30~16:00 (30min)  LES MILLS BODYATTACK	15:30~16:00 (30min)  LES MILLS BODYBALANCE
16:00 30	16:30~17:30 (60min)  LES MILLS BODYATTACK	16:30~17:30 (60min)  LES MILLS BODYCOMBAT	16:30~17:30 (60min)  LES MILLS BODYPUMP	16:30~17:30 (60min)  LES MILLS BODYCOMBAT	16:30~17:30 (60min)  LES MILLS BODYBALANCE	16:30~17:30 (60min)  LES MILLS BODYPUMP	16:30~17:30 (60min)  LES MILLS BODYATTACK
17:00 30							
18:00 30	18:00~18:30 (30min)  LES MILLS BODYPUMP	18:00~18:30 (30min)  LES MILLS BODYATTACK	18:00~18:30 (30min)  LES MILLS SH'BAM	18:00~18:30 (30min)  LES MILLS BODYATTACK	18:00~18:30 (30min)  LES MILLS BODYPUMP	18:00~18:30 (30min)  LES MILLS BODYCOMBAT	18:00~18:30 (30min)  LES MILLS BODYCOMBAT
19:00 30	19:00~19:45 (45min)  LES MILLS BODYCOMBAT	19:00~19:45 (45min)  LES MILLS SH'BAM	19:00~19:45 (45min)  LES MILLS BODYATTACK	19:00~19:45 (45min)  LES MILLS BODYCOMBAT	19:00~19:45 (45min)  LES MILLS BODYATTACK	19:00~19:45 (45min)  LES MILLS BODYPUMP	19:00~19:45 (45min)  LES MILLS BODYATTACK
20:00 30	20:15~21:15 (60min)  LES MILLS BODYPUMP	20:15~21:15 (60min)  LES MILLS BODYCOMBAT	20:15~21:15 (60min)  LES MILLS BODYBALANCE	20:15~21:15 (60min)  LES MILLS BODYATTACK	20:15~21:15 (60min)  LES MILLS BODYCOMBAT	20:15~21:15 (60min)  LES MILLS BODYCOMBAT	20:15~21:15 (60min)  LES MILLS BODYPUMP
21:00 30							
22:00 30	21:45~22:30 (45min)  LES MILLS SH'BAM	21:45~22:30 (45min)  LES MILLS BODYPUMP	21:45~22:30 (45min)  LES MILLS BODYCOMBAT	21:45~22:30 (45min)  LES MILLS BODYPUMP	21:45~22:30 (45min)  LES MILLS BODYPUMP	21:45~22:30 (45min)  LES MILLS SH'BAM	21:45~22:30 (45min)  LES MILLS BODYCOMBAT
23:00 30	23:00~23:30 (30min)  LES MILLS BODYCOMBAT	23:00~23:30 (30min)  LES MILLS BODYBALANCE	23:00~23:30 (30min)  LES MILLS BODYPUMP	23:00~23:30 (30min)  LES MILLS BODYATTACK	23:00~23:30 (30min)  LES MILLS BODYATTACK	23:00~23:30 (30min)  LES MILLS BODYCOMBAT	23:00~23:30 (30min)  LES MILLS SH'BAM