

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	08:00~08:30 (30min) LESMILLS BODYCOMBAT	08:00~08:30 (30min) LESMILLS SH'BAM	08:00~08:30 (30min) LESMILLS BODYATTACK	08:00~08:30 (30min) LESMILLS BODYCOMBAT	08:00~08:30 (30min) LESMILLS BODYBALANCE	08:00~08:30 (30min) LESMILLS BODYPUMP	08:00~08:30 (30min) LESMILLS BODYATTACK
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9:00	09:00~09:30 (30min) LESMILLS BODYATTACK	09:00~09:30 (30min) LESMILLS BODYCOMBAT	09:00~09:30 (30min) LESMILLS BODYBALANCE	09:00~09:30 (30min) LESMILLS BODYPUMP	09:00~09:30 (30min) LESMILLS BODYATTACK	09:00~09:30 (30min) LESMILLS SH'BAM	09:00~09:30 (30min) LESMILLS BODYCOMBAT
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10:00	10:00~11:00 (60min) LESMILLS BODYBALANCE	10:00~11:00 (60min) LESMILLS BODYPUMP	10:00~11:00 (60min) LESMILLS BODYCOMBAT	10:00~11:00 (60min) LESMILLS BODYATTACK	10:00~11:00 (60min) LESMILLS BODYCOMBAT	10:00~11:00 (60min) LESMILLS BODYPUMP	10:00~11:00 (60min) LESMILLS BODYPUMP
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11:00							
12:00	11:30~12:30 (60min) LESMILLS BODYCOMBAT	11:30~12:30 (60min) LESMILLS BODYATTACK	11:30~12:30 (60min) LESMILLS BODYPUMP	11:30~12:30 (60min) LESMILLS BODYBALANCE	11:30~12:15 (45min) LESMILLS SH'BAM	11:30~12:30 (60min) LESMILLS BODYCOMBAT	11:30~12:30 (60min) LESMILLS BODYATTACK
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13:00	13:00~13:30 (30min) LESMILLS BODYATTACK	13:00~13:30 (30min) LESMILLS BODYBALANCE	13:00~13:30 (30min) LESMILLS SH'BAM	13:00~13:30 (30min) LESMILLS SH'BAM	13:00~13:30 (30min) LESMILLS BODYATTACK	13:00~13:30 (30min) LESMILLS BODYPUMP	13:00~13:30 (30min) LESMILLS BODYCOMBAT
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14:00	14:00~14:45 (45min) LESMILLS BODYPUMP	14:00~14:45 (45min) LESMILLS BODYCOMBAT	14:00~14:45 (45min) LESMILLS BODYATTACK	14:00~14:45 (45min) LESMILLS BODYATTACK	14:00~14:45 (45min) LESMILLS BODYCOMBAT	14:00~14:45 (45min) LESMILLS BODYBALANCE	14:00~14:45 (45min) LESMILLS SH'BAM
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15:00							
16:00	15:30~16:00 (30min) LESMILLS SH'BAM	15:30~16:00 (30min) LESMILLS BODYPUMP	15:30~16:00 (30min) LESMILLS BODYCOMBAT	15:30~16:00 (30min) LESMILLS BODYPUMP	15:30~16:00 (30min) LESMILLS SH'BAM	15:30~16:00 (30min) LESMILLS BODYATTACK	15:30~16:00 (30min) LESMILLS BODYBALANCE
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17:00	16:30~17:30 (60min) LESMILLS BODYATTACK	16:30~17:30 (60min) LESMILLS BODYCOMBAT	16:30~17:30 (60min) LESMILLS BODYPUMP	16:30~17:30 (60min) LESMILLS BODYCOMBAT	16:30~17:30 (60min) LESMILLS BODYBALANCE	16:30~17:30 (60min) LESMILLS BODYPUMP	16:30~17:30 (60min) LESMILLS BODYATTACK
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18:00	18:00~18:30 (30min) LESMILLS BODYPUMP	18:00~18:30 (30min) LESMILLS BODYATTACK	18:00~18:30 (30min) LESMILLS SH'BAM	18:00~18:30 (30min) LESMILLS BODYATTACK	18:00~18:30 (30min) LESMILLS BODYPUMP	18:00~18:30 (30min) LESMILLS BODYCOMBAT	18:00~18:30 (30min) LESMILLS BODYCOMBAT
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19:00	19:00~19:45 (45min) LESMILLS BODYCOMBAT	19:00~19:45 (45min) LESMILLS SH'BAM	19:00~19:45 (45min) LESMILLS BODYATTACK	19:00~19:45 (45min) LESMILLS BODYCOMBAT	19:00~19:45 (45min) LESMILLS BODYATTACK	19:00~19:45 (45min) LESMILLS BODYPUMP	19:00~19:45 (45min) LESMILLS BODYATTACK
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20:00							
21:00	20:15~21:15 (60min) LESMILLS BODYPUMP	20:15~21:15 (60min) LESMILLS BODYCOMBAT	20:15~21:15 (60min) LESMILLS BODYBALANCE	20:15~21:15 (60min) LESMILLS BODYATTACK	20:15~21:15 (60min) LESMILLS BODYCOMBAT	20:15~21:15 (60min) LESMILLS BODYCOMBAT	20:15~21:15 (60min) LESMILLS BODYPUMP
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22:00	21:45~22:30 (45min) LESMILLS SH'BAM	21:45~22:30 (45min) LESMILLS BODYPUMP	21:45~22:30 (45min) LESMILLS BODYCOMBAT	21:45~22:30 (45min) LESMILLS BODYPUMP	21:45~22:30 (45min) LESMILLS BODYPUMP	21:45~22:30 (45min) LESMILLS SH'BAM	21:45~22:30 (45min) LESMILLS BODYCOMBAT
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23:00	23:00~23:30 (30min) LESMILLS BODYCOMBAT	23:00~23:30 (30min) LESMILLS BODYBALANCE	23:00~23:30 (30min) LESMILLS BODYPUMP	23:00~23:30 (30min) LESMILLS BODYATTACK	23:00~23:30 (30min) LESMILLS BODYATTACK	23:00~23:30 (30min) LESMILLS BODYCOMBAT	23:00~23:30 (30min) LESMILLS SH'BAM
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