フィットネスジム FIT365

PROGRAM SCHEDULES

レッスン名

	月	火	水	木	金	土	日	
10:00	BODYBALANCE (60)	BODYCOMBAT (30)	BODYBALANCE (45)	SH'BAM (45)	BODYBALANCE (45)	BODYBALANCE (60)	SH'BAM (30)	10:00
10:30								10:30
11:00		BODYPUMP (60)					BODYBALANCE (45)	11:00
11:30	SH'BAM (45)		BODYCOMBAT (60)	BODYBALANCE (60)	LES MILLS CORE (45)	BODYPUMP (45)		11:30
12:00								12:00
12:30		SH'BAM (45)			BODYPUMP (60)		BODYCOMBAT (60)	12:30
13:00	LES MILLS CORE (45)		BODYPUMP (45)	BODYCOMBAT (45)		SH'BAM (45)		13:00
13:30								13:30
14:00	BODYCOMBAT (45)	LES MILLS CORE (45)	SH'BAM (30)	BODYPUMP (60)	SH'BAM (45)	LES MILLS CORE (45)	LES MILLS CORE (30)	14:00
14:30								14:30
15:00		BODYPUMP (60)	LES MILLS CORE (30)				BODYPUMP (45)	15:00
15:30	SH'BAM (30)			BODYBALANCE (45)	BODYPUMP (45)	BODYCOMBAT (60)		15:30
16:00			BODYBALANCE (45)				SH'BAM (30)	16:00
16:30	BODYPUMP (45)	BODYBALANCE (45)			LES MILLS CORE (30)			16:30
17:00				LES MILLS CORE (30)		BODYBALANCE (60)	BODYBALANCE (45)	17:00
17:30			BODYPUMP (45)		BODYCOMBAT (45)			17:30
18:00	BODYBALANCE (60)	BODYCOMBAT (60)		SH'BAM (45)				18:00
18:30			BODYCOMBAT (45)			SH'BAM (30)	BODYCOMBAT (60)	18:30
19:00					BODYBALANCE (45)			19:00
19:30	BODYCOMBAT (60)	LES MILLS CORE (45)		BODYCOMBAT (60)		BODYCOMBAT (60)		19:30
20:00			SH'BAM (45)				BODYPUMP (45)	20:00
20:30					BODYCOMBAT (60)			20:30
21:00	BODYPUMP (60)	BODYBALANCE (60)		BODYBALANCE (60)		LES MILLS CORE (45)	LES MILLS CORE (30)	21:00
21:30			BODYCOMBAT (30)					21:30

※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。

フィットネスジム FIT365

PROGRAM SCHEDULES

レッスン名

	月	火	水	木	金	土	日	
10:00	sprint (30)	RPM (50)	RPM (30)	sprint (30)	THE TRIP (45)	RPM (30)	sprint (30)	10:00
10:30								10:30
11:00	THE TRIP (45)		THE TRIP (45)	RPM (50)		THE TRIP (45)	RPM (30)	11:00
11:30		sprint (30)			RPM (30)			11:30
12:00							THE TRIP (45)	12:00
12:30	RPM (30)	THE TRIP (45)	sprint (30)	THE TRIP (45)	sprint (30)	sprint (30)		12:30
13:00								13:00
13:30	sprint (30)		RPM (30)		THE TRIP (45)	RPM (50)	sprint (30)	13:30
14:00		RPM (30)		sprint (30)				14:00
14:30	THE TRIP (45)		THE TRIP (45)				RPM (30)	14:30
15:00		THE TRIP (45)		RPM (30)	RPM (30)	THE TRIP (45)		15:00
15:30	RPM (50)		sprint (30)		sprint (30)		THE TRIP (45)	15:30
16:00		sprint (30)		THE TRIP (45)		sprint (30)		16:00
16:30			RPM (30)		THE TRIP (45)		sprint (30)	16:30
17:00	sprint (30)	RPM (30)		sprint (30)		RPM (30)		17:00
17:30			THE TRIP (45)				RPM (30)	17:30
18:00	THE TRIP (45)	THE TRIP (45)		RPM (30)	RPM (50)	THE TRIP (45)		18:00
18:30			RPM (30)				THE TRIP (45)	18:30
19:00	RPM (30)	sprint (30)		THE TRIP (45)	sprint (30)	sprint (30)		19:00
19:30			sprint (30)				sprint (30)	19:30
20:00	THE TRIP (45)	RPM (50)		sprint (30)	THE TRIP (45)	RPM (50)		20:00
20:30			THE TRIP (45)				RPM (30)	20:30
21:00								21:00
21:30								21:30

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