



FIT365
立川柏町

スタジオプログラム
スケジュール



	月	火	水	木	金	土	日	
9:00	9:00~9:45 (45) LES MILLS BODYBALANCE	9:00~9:45 (45) LES MILLS THE TRIP	9:00~9:30(30) LES MILLS BODYATTACK	9:00~9:45 (45) LES MILLS BODYPUMP	9:00~9:45 (45) LES MILLS DANCE	9:00~9:30(30) LES MILLS CORE	9:00~9:30(30) LES MILLS BODYPUMP	9:00
9:30								9:30
10:00	10:00~10:45 (45) LES MILLS BODYCOMBAT	10:00~11:00 (60) LES MILLS BODYBALANCE	9:45~10:45 (60) LES MILLS BODYPUMP	10:00~10:30(30) LES MILLS CORE	10:00~11:00 (60) LES MILLS BODYBALANCE	9:40~10:30 (50) LES MILLS RPM	9:45~10:45 (60) LES MILLS BODYCOMBAT	10:00
10:30								10:30
11:00	11:00~11:45 (45) LES MILLS THE TRIP	11:15~11:45(30) LES MILLS BODYATTACK	11:00~12:00 (60) LES MILLS BODYBALANCE	10:45~11:30 (45) LES MILLS DANCE	11:10~12:10 (60) LES MILLS BODYCOMBAT	10:45~11:30 (45) LES MILLS THE TRIP	11:00~12:00 (60) LES MILLS BODYBALANCE	11:00
11:30								11:30
12:00	12:00~12:30(30) LES MILLS sprint	12:00~12:30(30) LES MILLS CORE	12:15~13:15 (60) LES MILLS BODYCOMBAT	11:45~12:15(30) LES MILLS BODYATTACK	12:20~13:20 (60) LES MILLS BODYATTACK	11:50~12:35 (45) LES MILLS DANCE	12:15~12:45(30) LES MILLS GRIT	12:00
12:30								12:30
13:00	12:45~13:45 (60) LES MILLS BODYCOMBAT	12:45~13:30 (45) LES MILLS DANCE		12:30~13:15 (45) LES MILLS BODYPUMP	12:20~13:20 (60) LES MILLS BODYATTACK	12:50~13:50 (60) LES MILLS BODYCOMBAT	13:00~13:30(30) LES MILLS BODYATTACK	13:00
13:30								13:30
14:00	14:00~14:45 (45) LES MILLS DANCE	13:45~13:15(30) LES MILLS sprint	13:30~14:20 (50) LES MILLS RPM	13:30~14:00(30) LES MILLS GRIT	13:35~14:35 (60) LES MILLS BODYPUMP	14:05~14:50 (45) LES MILLS BODYBALANCE	13:45~14:15(30) LES MILLS CORE	14:00
14:30								14:30
15:00	15:00~15:30(30) LES MILLS GRIT	14:30~15:15 (45) LES MILLS THE TRIP	14:35~15:05(30) LES MILLS sprint	14:15~15:15 (60) LES MILLS BODYBALANCE	14:45~15:30 (45) LES MILLS BODYBALANCE	15:00~15:30(30) LES MILLS BODYPUMP	14:30~15:15 (45) LES MILLS DANCE	15:00
15:30								15:30
16:00	15:45~16:45 (60) LES MILLS BODYATTACK	15:30~16:15 (45) LES MILLS BODYPUMP	15:20~15:55 (45) LES MILLS THE TRIP	15:25~16:10 (45) LES MILLS CORE	15:45~16:30 (45) LES MILLS DANCE	15:40~16:10(30) LES MILLS GRIT	15:30~16:30 (60) LES MILLS BODYCOMBAT	16:00
16:30								16:30
17:00	17:00~17:45(45) LES MILLS BODYPUMP	16:30~17:30 (60) LES MILLS BODYCOMBAT	16:20~16:50(30) LES MILLS CORE	16:25~16:55(30) LES MILLS BODYCOMBAT	16:45~17:15(30) LES MILLS GRIT	16:20~16:50(30) LES MILLS BODYATTACK	16:45~17:45 (60) LES MILLS BODYPUMP	17:00
17:30								17:30
18:00	17:45~18:30 (45) LES MILLS CORE	17:45~18:30 (45) LES MILLS BODYBALANCE	17:05~17:50(45) LES MILLS BODYATTACK	17:05~17:50 (45) LES MILLS DANCE	17:30~18:30 (60) LES MILLS BODYBALANCE	17:00~18:00 (60) LES MILLS BODYCOMBAT	18:00~19:00 (60) LES MILLS BODYBALANCE	18:00
18:30								18:30
19:00	18:45~19:30 (45) LES MILLS THE TRIP	18:45~19:30 (45) LES MILLS DANCE	18:00~18:45 (45) LES MILLS BODYPUMP	18:05~18:35(30) LES MILLS BODYATTACK	18:45~19:15(30) LES MILLS CORE	18:15~19:15 (60) LES MILLS BODYPUMP	19:15~20:05 (50) LES MILLS RPM	19:00
19:30								19:30
20:00	19:45~20:35 (50) LES MILLS RPM	19:45~20:45 (60) LES MILLS BODYPUMP	19:00~19:45 (45) LES MILLS BODYBALANCE	18:50~19:50 (60) LES MILLS BODYBALANCE	19:35~20:35 (60) LES MILLS BODYCOMBAT	19:30~20:15 (45) LES MILLS BODYBALANCE	20:20~20:50(30) LES MILLS sprint	20:00
20:30								20:30
21:00	20:50~21:50 (60) LES MILLS BODYBALANCE	21:00~22:00 (60) LES MILLS BODYCOMBAT	20:00~20:45 (45) LES MILLS DANCE	20:05~20:50 (45) LES MILLS BODYCOMBAT	20:50~21:50 (60) LES MILLS BODYPUMP	20:30~21:15 (45) LES MILLS DANCE	21:05~21:50 (45) LES MILLS THE TRIP	21:00
21:30								21:30
22:00								22:00



枠はバーチャルバイクプログラム
ご準備はバイクをご自身でセッティングいただき、ご利用後所定の位置へお戻しください。