

	月	火	水	木	金	土	日
0.00	LES MILLS BODYATTACK ★ 0:00~0:30	LES MILLS BODYBALANCE 0:00~0:45	LES MILLS BODYCOMBAT ★ 0:00~0:30	LES MILLS BODYPUMP 0:00~0:45	LES MILLS DANCE ★ 0:00~0:30	LES MILLS BODYATTACK ★ 0:00~0:30	LES MILLS BODYBALANCE 0:00~0:45
1.00	LES MILLS BODYBALANCE 1:00~1:45	LES MILLS BODYCOMBAT ★ 1:00~1:30	LES MILLS BODYPUMP 1:00~1:45	LES MILLS DANCE ★ 1:00~1:30	LES MILLS BODYATTACK ★ 1:00~1:30	LES MILLS BODYBALANCE 1:00~1:45	LES MILLS BODYCOMBAT 1:00~1:45
2.00	LES MILLS BODYCOMBAT ★ 2:00~2:30	LES MILLS BODYPUMP 2:00~2:45	LES MILLS DANCE ★ 2:00~2:30	LES MILLS BODYATTACK ★ 2:00~2:30	LES MILLS BODYBALANCE 2:00~2:45	LES MILLS BODYCOMBAT 2:00~2:45	LES MILLS BODYPUMP 2:00~2:45
3.00	LES MILLS BODYPUMP 3:00~3:45	LES MILLS DANCE ★ 3:00~3:30	LES MILLS BODYATTACK ★ 3:00~3:30	LES MILLS BODYBALANCE 3:00~3:45	LES MILLS BODYCOMBAT 3:00~3:45	LES MILLS BODYPUMP 3:00~3:45	LES MILLS DANCE ★ 3:00~3:30
4.00	LES MILLS DANCE ★ 4:00~4:30	LES MILLS BODYATTACK ★ 4:00~4:30	LES MILLS BODYBALANCE 4:00~4:45	LES MILLS BODYCOMBAT 4:00~4:45	LES MILLS BODYPUMP 4:00~4:45	LES MILLS DANCE ★ 4:00~4:30	LES MILLS BODYATTACK ★ 4:00~4:30
5.00	LES MILLS BODYATTACK ★ 5:00~5:30	LES MILLS BODYBALANCE 5:00~5:45	LES MILLS BODYCOMBAT 5:00~5:45	LES MILLS BODYPUMP 5:00~5:45	LES MILLS DANCE ★ 5:00~5:30	LES MILLS BODYATTACK ★ 5:00~5:30	LES MILLS BODYBALANCE 5:00~5:45
6.00	LES MILLS BODYBALANCE 6:00~6:45	LES MILLS BODYCOMBAT 6:00~6:45	LES MILLS BODYPUMP 6:00~6:45	LES MILLS DANCE ★ 6:00~6:30	LES MILLS BODYATTACK ★ 6:00~6:30	LES MILLS BODYBALANCE 6:00~6:45	LES MILLS BODYCOMBAT 6:00~6:45
7.00	LES MILLS BODYCOMBAT 7:00~7:45	LES MILLS BODYPUMP 7:00~7:45	LES MILLS DANCE ★ 7:00~7:30	LES MILLS BODYATTACK ★ 7:00~7:30	LES MILLS BODYBALANCE 7:00~7:45	LES MILLS BODYCOMBAT 7:00~7:45	LES MILLS BODYPUMP ★ 7:00~7:30
8.00	LES MILLS BODYPUMP 8:00~8:45	LES MILLS DANCE ★ 8:00~8:30	LES MILLS BODYATTACK ★ 8:00~8:30	LES MILLS BODYBALANCE 8:00~8:45	LES MILLS BODYCOMBAT 8:00~8:45	LES MILLS BODYPUMP 8:00~8:45	LES MILLS BODYBALANCE 8:00~8:45
9.00	LES MILLS DANCE ★ 9:00~9:30	LES MILLS BODYATTACK ★ 9:00~9:30	LES MILLS BODYBALANCE 9:00~9:45	LES MILLS BODYCOMBAT 9:00~9:45	LES MILLS BODYPUMP ★ 9:00~9:30	LES MILLS BODYBALANCE 9:00~9:45	LES MILLS DANCE ★ 9:00~9:30
10.00	LES MILLS BODYATTACK ★ 10:00~10:30	LES MILLS BODYBALANCE 10:00~10:45	LES MILLS BODYCOMBAT 10:00~10:45	LES MILLS BODYPUMP 10:00~10:45	LES MILLS BODYBALANCE 10:00~10:45	LES MILLS DANCE ★ 10:00~10:30	LES MILLS BODYBALANCE 10:00~10:45
11.00	LES MILLS BODYBALANCE 11:00~11:45	LES MILLS BODYCOMBAT 11:00~11:45	LES MILLS BODYPUMP ★ 11:00~11:30	LES MILLS BODYBALANCE 11:00~11:45	LES MILLS DANCE ★ 11:00~11:30	LES MILLS BODYBALANCE 11:00~11:45	LES MILLS BODYCOMBAT 11:00~11:45
12.00	LES MILLS BODYCOMBAT 12:00~12:45	LES MILLS BODYPUMP 12:00~12:45	LES MILLS BODYBALANCE 12:00~12:45	LES MILLS DANCE ★ 12:00~12:30	LES MILLS BODYBALANCE 12:00~12:45	LES MILLS BODYCOMBAT 12:00~12:45	LES MILLS BODYPUMP 12:00~12:45
13.00	LES MILLS BODYPUMP ★ 13:00~13:30	LES MILLS BODYBALANCE 13:00~13:45	LES MILLS DANCE ★ 13:00~13:30	LES MILLS BODYBALANCE 13:00~13:45	LES MILLS BODYCOMBAT 13:00~13:45	LES MILLS BODYPUMP 13:00~13:45	LES MILLS DANCE 13:00~13:45
14.00	LES MILLS BODYBALANCE 14:00~14:45	LES MILLS DANCE ★ 14:00~14:30	LES MILLS BODYBALANCE 14:00~14:45	LES MILLS BODYCOMBAT 14:00~14:45	LES MILLS BODYPUMP 14:00~14:45	LES MILLS DANCE 14:00~14:45	LES MILLS BODYATTACK 14:00~14:45
15.00	LES MILLS DANCE ★ 15:00~15:30	LES MILLS BODYBALANCE 15:00~15:45	LES MILLS BODYCOMBAT 15:00~15:45	LES MILLS BODYPUMP 15:00~15:45	LES MILLS DANCE 15:00~15:45	LES MILLS BODYATTACK 15:00~15:45	LES MILLS BODYBALANCE 15:00~15:45
16.00	LES MILLS BODYBALANCE 16:00~16:45	LES MILLS BODYCOMBAT 16:00~16:45	LES MILLS BODYPUMP 16:00~16:45	LES MILLS DANCE 16:00~16:45	LES MILLS BODYATTACK 16:00~16:45	LES MILLS BODYBALANCE 16:00~16:45	LES MILLS BODYCOMBAT 16:00~16:45
17.00	LES MILLS BODYCOMBAT 17:00~17:45	LES MILLS BODYPUMP 17:00~17:45	LES MILLS DANCE 17:00~17:45	LES MILLS BODYATTACK 17:00~17:45	LES MILLS BODYBALANCE 17:00~17:45	LES MILLS BODYCOMBAT 17:00~17:45	LES MILLS BODYPUMP 17:00~17:45
18.00	LES MILLS BODYPUMP 18:00~18:45	LES MILLS DANCE 18:00~18:45	LES MILLS BODYATTACK 18:00~18:45	LES MILLS BODYBALANCE 18:00~18:45	LES MILLS BODYCOMBAT 18:00~18:45	LES MILLS BODYPUMP 18:00~18:45	LES MILLS DANCE 18:00~18:45
19.00	LES MILLS DANCE 19:00~19:45	LES MILLS BODYATTACK ★ 19:00~19:30	LES MILLS BODYBALANCE 19:00~19:45	LES MILLS BODYCOMBAT 19:00~19:45	LES MILLS BODYPUMP 19:00~19:45	LES MILLS DANCE 19:00~19:45	LES MILLS BODYATTACK ★ 19:00~19:30
20.00	LES MILLS BODYATTACK 20:00~20:45	LES MILLS BODYBALANCE 20:00~20:45	LES MILLS BODYCOMBAT 20:00~20:45	LES MILLS BODYPUMP 20:00~20:45	LES MILLS DANCE ★ 20:00~20:30	LES MILLS BODYATTACK ★ 20:00~20:30	LES MILLS BODYBALANCE 20:00~20:45
21.00	LES MILLS BODYBALANCE 21:00~21:45	LES MILLS BODYCOMBAT 21:00~21:45	LES MILLS BODYPUMP 21:00~21:45	LES MILLS DANCE 21:00~21:45	LES MILLS BODYATTACK ★ 21:00~21:30	LES MILLS BODYBALANCE 21:00~21:45	LES MILLS BODYCOMBAT 21:00~21:45
22.00	LES MILLS BODYCOMBAT 22:00~22:45	LES MILLS BODYPUMP 22:00~22:45	LES MILLS DANCE 22:00~22:45	LES MILLS BODYATTACK ★ 22:00~22:30	LES MILLS BODYBALANCE 22:00~22:45	LES MILLS BODYCOMBAT 22:00~22:45	LES MILLS BODYPUMP 22:00~22:45
23.00	LES MILLS BODYPUMP 23:00~23:45	LES MILLS DANCE 23:00~23:45	LES MILLS BODYATTACK ★ 23:00~23:30	LES MILLS BODYBALANCE 23:00~23:45	LES MILLS BODYCOMBAT 23:00~23:45	LES MILLS BODYPUMP 23:00~23:45	LES MILLS DANCE ★ 23:00~23:30