

	月	火	水	木	金	土	日
0:00	LesMills BODYATTACK 0:00~0:30	LesMills BODYBALANCE 0:00~0:45	LesMills BODYCOMBAT 0:00~0:30	LesMills BODYPUMP 0:00~0:45	LesMills DANCE 0:00~0:30	LesMills BODYATTACK 0:00~0:30	LesMills BODYBALANCE 0:00~0:45
1:00	LesMills BODYBALANCE 1:00~1:45	LesMills BODYCOMBAT 1:00~1:30	LesMills BODYPUMP 1:00~1:45	LesMills DANCE 1:00~1:30	LesMills BODYATTACK 1:00~1:30	LesMills BODYBALANCE 1:00~1:45	LesMills BODYCOMBAT 1:00~1:45
2:00	LesMills BODYCOMBAT 2:00~2:30	LesMills BODYPUMP 2:00~2:45	LesMills DANCE 2:00~2:30	LesMills BODYATTACK 2:00~2:30	LesMills BODYBALANCE 2:00~2:45	LesMills BODYCOMBAT 2:00~2:45	LesMills BODYPUMP 2:00~2:45
3:00	LesMills BODYPUMP 3:00~3:45	LesMills DANCE 3:00~3:30	LesMills BODYATTACK 3:00~3:30	LesMills BODYBALANCE 3:00~3:45	LesMills BODYCOMBAT 3:00~3:45	LesMills BODYPUMP 3:00~3:45	LesMills DANCE 3:00~3:30
4:00	LesMills DANCE 4:00~4:30	LesMills BODYATTACK 4:00~4:30	LesMills BODYBALANCE 4:00~4:45	LesMills BODYCOMBAT 4:00~4:45	LesMills BODYPUMP 4:00~4:45	LesMills DANCE 4:00~4:30	LesMills BODYATTACK 4:00~4:30
5:00	LesMills BODYATTACK 5:00~5:30	LesMills BODYBALANCE 5:00~5:45	LesMills BODYCOMBAT 5:00~5:45	LesMills BODYPUMP 5:00~5:45	LesMills DANCE 5:00~5:30	LesMills BODYATTACK 5:00~5:30	LesMills BODYBALANCE 5:00~5:45
6:00	LesMills BODYBALANCE 6:00~6:45	LesMills BODYCOMBAT 6:00~6:45	LesMills BODYPUMP 6:00~6:45	LesMills DANCE 6:00~6:30	LesMills BODYATTACK 6:00~6:30	LesMills BODYBALANCE 6:00~6:45	LesMills BODYCOMBAT 6:00~6:45
7:00	LesMills BODYCOMBAT 7:00~7:45	LesMills BODYPUMP 7:00~7:45	LesMills DANCE 7:00~7:30	LesMills BODYATTACK 7:00~7:30	LesMills BODYBALANCE 7:00~7:45	LesMills BODYCOMBAT 7:00~7:45	LesMills BODYPUMP 7:00~7:30
8:00	LesMills BODYPUMP 8:00~8:45	LesMills DANCE 8:00~8:30	LesMills BODYATTACK 8:00~8:30	LesMills BODYBALANCE 8:00~8:45	LesMills BODYCOMBAT 8:00~8:45	LesMills BODYPUMP 8:00~8:45	LesMills BODYBALANCE 8:00~8:45
9:00	LesMills DANCE 9:00~9:30	LesMills BODYATTACK 9:00~9:30	LesMills BODYBALANCE 9:00~9:45	LesMills BODYCOMBAT 9:00~9:45	LesMills BODYPUMP 9:00~9:30	LesMills BODYBALANCE 9:00~9:45	LesMills DANCE 9:00~9:30
10:00	LesMills BODYATTACK 10:00~10:30	LesMills BODYBALANCE 10:00~10:45	LesMills BODYCOMBAT 10:00~10:45	LesMills BODYPUMP 10:00~10:45	LesMills BODYBALANCE 10:00~10:45	LesMills DANCE 10:00~10:30	LesMills BODYBALANCE 10:00~10:45
11:00	LesMills BODYBALANCE 11:00~11:45	LesMills BODYCOMBAT 11:00~11:45	LesMills BODYPUMP 11:00~11:30	LesMills BODYBALANCE 11:00~11:45	LesMills DANCE 11:00~11:30	LesMills BODYBALANCE 11:00~11:45	LesMills BODYCOMBAT 11:00~11:45
12:00	LesMills BODYCOMBAT 12:00~12:45	LesMills BODYPUMP 12:00~12:45	LesMills BODYBALANCE 12:00~12:45	LesMills DANCE 12:00~12:30	LesMills BODYBALANCE 12:00~12:45	LesMills BODYCOMBAT 12:00~12:45	LesMills BODYPUMP 12:00~12:45
13:00	LesMills BODYPUMP 13:00~13:30	LesMills BODYBALANCE 13:00~13:45	LesMills DANCE 13:00~13:30	LesMills BODYBALANCE 13:00~13:45	LesMills BODYCOMBAT 13:00~13:45	LesMills BODYPUMP 13:00~13:45	LesMills DANCE 13:00~13:45
14:00	LesMills BODYBALANCE 14:00~14:45	LesMills DANCE 14:00~14:30	LesMills BODYBALANCE 14:00~14:45	LesMills BODYCOMBAT 14:00~14:45	LesMills BODYPUMP 14:00~14:45	LesMills DANCE 14:00~14:45	LesMills BODYATTACK 14:00~14:45
15:00	LesMills DANCE 15:00~15:30	LesMills BODYBALANCE 15:00~15:45	LesMills BODYCOMBAT 15:00~15:45	LesMills BODYPUMP 15:00~15:45	LesMills DANCE 15:00~15:45	LesMills BODYATTACK 15:00~15:45	LesMills BODYBALANCE 15:00~15:45
16:00	LesMills BODYBALANCE 16:00~16:45	LesMills BODYCOMBAT 16:00~16:45	LesMills BODYPUMP 16:00~16:45	LesMills DANCE 16:00~16:45	LesMills BODYATTACK 16:00~16:45	LesMills BODYBALANCE 16:00~16:45	LesMills BODYCOMBAT 16:00~16:45
17:00	LesMills BODYCOMBAT 17:00~17:45	LesMills BODYPUMP 17:00~17:45	LesMills DANCE 17:00~17:45	LesMills BODYATTACK 17:00~17:45	LesMills BODYBALANCE 17:00~17:45	LesMills BODYCOMBAT 17:00~17:45	LesMills BODYPUMP 17:00~17:45
18:00	LesMills BODYPUMP 18:00~18:45	LesMills DANCE 18:00~18:30	LesMills BODYATTACK 18:00~18:45	LesMills BODYBALANCE 18:00~18:45	LesMills BODYCOMBAT 18:00~18:45	LesMills BODYPUMP 18:00~18:45	LesMills DANCE 18:00~18:45
19:00	LesMills DANCE 19:00~19:45	LesMills BODYATTACK 19:00~19:45	LesMills BODYBALANCE 19:00~19:45	LesMills BODYCOMBAT 19:00~19:45	LesMills BODYPUMP 19:00~19:45	LesMills DANCE 19:00~19:45	LesMills BODYATTACK 19:00~19:45
20:00	LesMills BODYATTACK 20:00~20:45	LesMills BODYBALANCE 20:00~20:45	LesMills BODYCOMBAT 20:00~20:45	LesMills BODYPUMP 20:00~20:45	LesMills DANCE 20:00~20:30	LesMills BODYATTACK 20:00~20:30	LesMills BODYBALANCE 20:00~20:45
21:00	LesMills BODYBALANCE 21:00~21:45	LesMills BODYCOMBAT 21:00~21:45	LesMills BODYPUMP 21:00~21:45	LesMills DANCE 21:00~21:45	LesMills BODYATTACK 21:00~21:30	LesMills BODYBALANCE 21:00~21:45	LesMills BODYCOMBAT 21:00~21:45
22:00	LesMills BODYCOMBAT 22:00~22:45	LesMills BODYPUMP 22:00~22:45	LesMills DANCE 22:00~22:45	LesMills BODYATTACK 22:00~22:30	LesMills BODYBALANCE 22:00~22:45	LesMills BODYCOMBAT 22:00~22:45	LesMills BODYPUMP 22:00~22:45
23:00	LesMills BODYPUMP 23:00~23:45	LesMills DANCE 23:00~23:45	LesMills BODYATTACK 23:00~23:30	LesMills BODYBALANCE 23:00~23:45	LesMills BODYCOMBAT 23:00~23:45	LesMills BODYPUMP 23:00~23:45	LesMills DANCE 23:00~23:45
24:00	LesMills DANCE 23:00~23:45	LesMills BODYATTACK 23:00~23:45	LesMills BODYBALANCE 23:00~23:45	LesMills BODYCOMBAT 23:00~23:45	LesMills BODYPUMP 23:00~23:45	LesMills DANCE 23:00~23:45	LesMills BODYATTACK 23:00~23:45

※ラジオ体操は10:00から開催致します(月曜を除く) ※⌚=30分クラス

※スタジオ定員 8名