





# 5月日曜週替わりレッスン

日付	A 14:00-15:00	B 15:30-16:15
5月10日	BODYJAM60(千葉紘祐)	BODYATTACK45 (千葉紘祐)
5月17日	BODYCOMBAT60(奥田)	JPOP(MIHO)
5月24日	BODYJAM60(千葉紘祐)	BODYATTACK45 (千葉紘祐)
5月31日	BODYCOMBAT60(佐藤美香)	BAILA BAILA(MIKI)

**LES MILLS**  
**GRIT**

金曜 20:20-20:50 作山拓生

5/1,29 Athletic

5/8 Strength

5/22 Cardio

**LES MILLS**  
**BODY PUMP**  
**HEAVY**

5/2,16,30 (土) 15:15-16:15 陸王

5/8,22 (金) 19:10-19:55 作山拓生

# JOYFIT 24 仙台泉

# J+ PROGRAM SCHEDULES

00:00	月	火	水	木	金	土	日
	0:00~1:00 BODY PUMP(60min)	0:00~0:50 RPM(50min) ㊚	0:00~0:45 BODY BALANCE(45min)	0:00~1:00 BODY COMBAT(60min)	0:00~0:45 LES Mills DANCE(45min)	0:00~1:00 BODY ATTACK(60min)	0:00~0:45 BODY COMBAT(45min)
01:00		1:00~1:30 BODY BALANCE(30min)	1:00~1:45 LES Mills DANCE(45min)	1:15~2:00 BODY ATTACK(45min)	1:00~2:00 BODY PUMP(60min)	1:15~2:00 BODY PUMP(45min)	1:00~2:00 BODY BALANCE(60min)
02:00	1:15~2:05 RPM(50min) ㊚	1:45~2:30 LES Mills DANCE(45min)	2:00~2:45 BODY COMBAT(45min)	2:15~3:00 LES Mills DANCE(45min)	2:15~3:15 BODY COMBAT(60min)	2:15~3:00 BODY COMBAT(45min)	2:15~2:45 SPRINT(30min) ㊚
03:00	2:15~3:15 BODY COMBAT(60min)	2:45~3:30 BODY COMBAT(45min)	3:00~4:00 BODY ATTACK(60min)	3:15~4:00 BODY PUMP(45min)	3:30~4:30 BODY BALANCE(60min)	3:15~4:15 BODY BALANCE(60min)	3:00~4:00 BODY PUMP(60min)
04:00	3:30~4:15 BODY PUMP(45min)	3:45~4:45 BODY ATTACK(60min)	4:15~4:45 BODY PUMP(30min)	4:15~5:00 BODY COMBAT(45min)	4:45~5:45 BODY ATTACK(60min)	4:30~5:15 LES Mills DANCE(45min)	4:15~5:00 BODY ATTACK(45min)
05:00	4:30~5:15 BODY BALANCE(45min)	5:00~5:30 LES Mills DANCE(30min)	5:00~5:45 BODY BALANCE(45min)	5:15~6:15 BODY BALANCE(60min)	6:00~6:45 BODY PUMP(45min)	5:30~6:30 BODY COMBAT(60min)	5:15~6:15 BODY COMBAT(60min)
06:00	5:30~6:30 BODY ATTACK(60min)	5:45~6:45 BODY PUMP(60min)	6:00~6:50 RPM(50min) ㊚	6:30~7:30 BODY ATTACK(60min)	7:00~7:50 RPM(50min) ㊚	6:45~7:45 BODY PUMP(60min)	6:30~7:15 BODY PUMP(45min)
07:00	6:45~7:15 SPRINT(30min) ㊚	7:00~8:00 BODY COMBAT(60min)	7:00~7:45 BODY COMBAT(45min)	7:45~8:45 BODY COMBAT(60min)	8:00~8:45 BODY COMBAT(45min)	8:00~9:00 BODY ATTACK(60min)	7:30~8:00 BODY BALANCE(30min)
08:00	7:45~8:45 BODY BALANCE(60min)	8:15~8:45 LES Mills DANCE(30min)	8:00~8:45 BODY ATTACK(45min)	10:00~10:50 RPM(50min) ㊚	10:00~10:45 BODY PUMP(45min)	9:15~10:15 BODY BALANCE(60min)	8:15~9:05 RPM(50min) ㊚
09:00	9:00~9:45 BODY COMBAT(45min)	9:00~9:45 BODY ATTACK(45min)	9:00~9:30 SPRINT(30min) ㊚	9:00~9:45 LES Mills DANCE(45min)	9:00~9:45 BODY ATTACK(45min)	10:45~11:45 FUNCHIT(陸上) *	9:15~10:15 BODY COMBAT(60min)
10:00	10:00~10:30 SPRINT(30min) ㊚	10:00~10:45 BODY COMBAT(45min)	10:15~11:15 BODY PUMP(60min)	11:00~12:00 BODY COMBAT(60min)	11:00~11:45 LES Mills DANCE(45min)	12:00~13:00 BODY PUMP(60min)	10:30~11:30 BODY ATTACK(60min)
11:00	10:45~11:30 LES Mills DANCE(45min)	11:00~12:00 BODY PUMP(60min)	11:30~12:30 BODY ATTACK(60min)	12:15~13:00 BODY PUMP(45min)	12:00~13:00 BODY BALANCE(60min)	12:30~13:15 LES Mills DANCE(45min)	11:45~12:15 BODY COMBAT(30min)
12:00	11:45~12:45 BODY ATTACK(60min)	12:15~13:00 LES Mills DANCE(45min)	13:00~13:30 BURNING(市II) *	13:15~14:15 BODY BALANCE(60min)	13:15~14:15 BODY COMBAT(60min)	13:15~14:00 BODY ATTACK(45min)	12:30~13:15 LES Mills DANCE(45min)
13:00	13:00~13:45 BODY PUMP(45min)	13:15~13:45 BODY ATTACK(30min)	14:00~14:30 RPM(市II) *	14:30~15:30 BODY ATTACK(60min)	14:30~15:00 SPRINT(30min) ㊚	14:15~15:00 BODY COMBAT(45min)	13:45~14:30 RPM(佐藤大蔵) *
14:00	14:00~14:45 BODY BALANCE(45min)	14:00~14:45 BODY COMBAT(45min)	15:00~16:00 BODY BALANCE(60min)	15:45~16:30 LES Mills DANCE(45min)	15:15~16:00 BODY PUMP(45min)	15:15~16:00 LES Mills DANCE(45min)	15:15~16:15 BODY ATTACK(60min)
15:00	15:00~16:00 BODY ATTACK(60min)	15:15~16:05 RPM(50min) ㊚	16:00~18:15 FREE TIME	16:45~17:15 BODY PUMP(30min)	16:15~17:00 BODY COMBAT(45min)	16:15~17:00 BODY PUMP(45min)	16:30~17:30 BODY COMBAT(60min)
16:00		16:30~17:00 BODY BALANCE(30min)		17:30~18:00 BODY COMBAT(30min)	17:15~17:45 BODY ATTACK(30min)	17:15~18:05 RPM(50min) ㊚	17:45~18:15 SPRINT(30min) ㊚
17:00	16:30~17:30 BODY PUMP(60min)	17:15~18:00 LES Mills DANCE(45min)		18:15~18:45 SPRINT(30min) ㊚	18:00~19:00 BODY BALANCE(60min)	18:30~19:00 BODY ATTACK(30min)	18:45~19:45 BODY BALANCE(60min)
18:00	18:00~19:00 BODY COMBAT(60min)	18:15~19:15 BODY ATTACK(60min)	18:15~19:15 BODY PUMP(60min)	20:30~21:15 LES Mills DANCE(45min)	20:30~21:15 BODY ATTACK(45min)	20:30~21:20 RPM(50min) ㊚	20:00~20:30 BODY PUMP(30min)
19:00	19:15~20:05 RPM(50min) ㊚	19:30~20:30 BODY PUMP(60min)	19:30~20:15 BODY ATTACK(45min)	21:30~22:30 BODY COMBAT(60min)	21:30~22:15 LES Mills DANCE(45min)	21:45~22:30 BODY PUMP(45min)	20:45~21:30 BODY COMBAT(45min)
20:00	20:30~21:15 BODY BALANCE(45min)	20:45~21:15 SPRINT(30min) ㊚	20:45~21:30 RPM(佐藤大蔵) *	22:00~23:00 BODY COMBAT(60min)	22:30~23:00 BODY PUMP(30min)	22:45~23:45 BODY ATTACK(60min)	21:45~22:30 BODY ATTACK(45min)
21:00	21:30~22:30 BODY ATTACK(60min)	21:30~22:30 BODY COMBAT(60min)	22:00~23:00 BODY COMBAT(60min)	22:45~23:45 BODY ATTACK(60min)	23:15~23:45 BODY BALANCE(30min)	22:45~23:45 BODY ATTACK(60min)	22:45~23:45 BODY PUMP(60min)
22:00	22:45~23:45 BODY COMBAT(60min)	22:45~23:45 BODY ATTACK(60min)	23:15~23:45 BODY BALANCE(30min)				
23:00							
00:00							

- ・赤枠は今月から変更のあったクラスです。
- ・\*マークは対人レッスンです。開始10分後以降の入場、途中退場はできません。
- ・15日はバーチャルレッスン/FREETIMEのみご利用いただけます。

【バーチャルレッスンについて】

- ・レッスンのナンバーは全てランダムです。
- ・開始以降の入場、また途中退場が可能です。
- ・契約者様はFREETIMEとしてもご利用いただけます。他のお客様のご迷惑となる行為はご遠慮ください。

バーチャルレッスン 10名

FUNCHIT 8名

BURNING 9名

RPM/SPRINT 10名