

2021年 12月  
2022年 1月

LesMILLS

ヴァーチャルスタジオプログラム



最新

	月	火	水	木	金	土	日
6:00	THE TRIP 6:00-6:45		THE TRIP 6:00-6:45				THE TRIP 6:30-7:15
7:00	BODY PUMP 7:15-7:45		BODY COMBAT 7:15-8:00	BODY PUMP 6:45-7:30	BODY BALANCE 7:15-8:00	BODY BALANCE 7:30-8:30	BODY PUMP 7:45-8:30
8:00	BODY BALANCE 8:15-9:00	BODY COMBAT 8:30-9:00	SH'BAM 8:30-9:00	BODY COMBAT 8:00-9:00	BODY ATTACK 8:30-9:00		
9:00	BODY COMBAT 9:30-10:15	BODY BALANCE 9:30-10:15	BODY BALANCE 9:30-10:30	THE TRIP 9:30-10:15	BARRE 9:30-10:00	RPM 9:00-9:30	BODY BALANCE 9:00-9:45
10:00	SH'BAM 10:45-11:30	THE TRIP 10:45-11:30	BODY PUMP 11:00-11:45	BODY BALANCE 10:45-11:30	BODY BALANCE 10:30-11:30	BODY COMBAT 10:00-10:45	BODY COMBAT 10:15-11:00
11:00	BODY BALANCE 12:00-13:00	GRIT 12:00-12:30	BARRE 12:15-12:45	BODY ATTACK 12:00-12:45	Lesmills CORE 12:00-12:30	SH'BAM 12:15-13:00	Lesmills CORE 11:30-12:00
12:00	BODY PUMP 13:30-14:15	SH'BAM 13:00-13:45	BODY ATTACK 13:15-14:00	SH'BAM 13:15-14:00	BODY COMBAT 13:00-13:45	BODY BALANCE 13:30-14:15	BODY ATTACK 12:30-13:30
13:00	BODY ATTACK 14:45-15:15	BODY BALANCE 14:15-15:15	SH'BAM 14:30-15:00	BODY BALANCE 14:30-15:30	SH'BAM 14:15-14:45	BODY BALANCE 13:30-14:15	BODY PUMP 14:00~14:45
14:00	THE TRIP 15:45-16:30	BODY ATTACK 15:45-16:30	BODY COMBAT 15:30-16:30		BODY ATTACK 15:15-16:00	THE TRIP 14:45-15:30	RPM 15:15-15:45
15:00	Lesmills CORE 17:00-17:30	BARRE 17:00-17:30	BODY BALANCE 17:00-18:00		THE TRIP 16:30-17:15	Lesmills CORE 16:00-16:30	BODY COMBAT 16:15-16:45
16:00	BODY PUMP 18:00~18:45	BODY PUMP 18:00-18:30			BODY COMBAT 17:45-18:45	RPM 17:00-17:30	THE TRIP 17:15-18:00
17:00	BODY COMBAT 19:15-20:00	BODY COMBAT 19:00-19:45	THE TRIP 18:30-19:15	BODY PUMP 19:00-20:00	BODY BALANCE 19:15-20:15	BODY PUMP 18:00-19:00	SH'BAM 18:30-19:00
18:00	SH'BAM 20:30-21:15	THE TRIP 20:15-21:00	BODY PUMP 19:45-20:45	THE TRIP 20:30-21:15	THE TRIP 19:30-20:15	THE TRIP 19:30-20:15	BODY BALANCE 19:30-20:30
19:00	SPRINT 21:45-22:15	BODY ATTACK 21:30-22:15	BODY COMBAT 21:15-22:15	BODY COMBAT 21:45-22:15	SH'BAM 20:45-21:15	BODY ATTACK 20:45-21:45	BODY COMBAT 21:00-22:00
20:00					RPM 21:45-22:15		