



月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
BODY COMBAT 5:30~6:30	RPM 5:45~6:15	BODY BALANCE 5:30~6:30	BODY BALANCE 5:45~6:45	BODY COMBAT 5:30~6:15	DANCE 5:15~5:45	SH'BAM 5:15~5:45
Lesmills BARRE 6:45~7:15	Lesmills BARRE 6:30~7:00	BODY COMBAT 6:45~7:45	Lesmills BARRE 7:00~7:30	SH'BAM 6:30~7:15	BODY BALANCE 6:00~7:00	DANCE 6:00~6:45
BODY BALANCE 7:30~8:30	SH'BAM 7:15~7:45	Lesmills CORE 8:00~8:30	Lesmills CORE 7:45~8:30	BODY ATTACK 7:30~8:00	SH'BAM 7:15~8:00	BODY PUMP 7:00~8:00
DANCE 8:45~9:30	BODY COMBAT 8:45~9:30	DANCE 8:45~9:30	BODY BALANCE 8:45~9:45	SH'BAM 9:00~9:45	Lesmills BARRE 8:15~8:45	BODY COMBAT 8:15~9:15
SH'BAM 9:45~10:30	BODY BALANCE 9:45~10:30	BODY BALANCE 9:45~10:45	SH'BAM 10:00~10:45	BODY COMBAT 10:00~10:45	BODY PUMP 9:00~10:00	BODY BALANCE 9:30~10:30
BODY BALANCE 10:45~11:45	DANCE 10:45~11:15	SH'BAM 11:00~11:45	DANCE 11:00~11:45	BODY BALANCE 11:00~12:00	BODY COMBAT 10:15~11:15	THE TRIP 10:45~11:30
BODY COMBAT 12:00~13:00	SH'BAM 11:30~12:15	BODY COMBAT 12:00~12:45	BODY COMBAT 12:00~12:45	DANCE 12:15~12:45	DANCE 11:30~12:00	BODY PUMP 11:45~12:45
Lesmills CORE 13:15~14:00	BODY BALANCE 12:30~13:15	Lesmills CORE 13:00~13:30	BODY BALANCE 13:00~14:00	BODY ATTACK 13:00~13:30	BODY COMBAT 12:15~13:15	BODY COMBAT 13:00~14:00
DANCE 14:15~15:00	RPM 13:30~14:00	DANCE 13:45~14:15	SH'BAM 14:15~15:00	SH'BAM 13:45~14:30	BODY ATTACK 13:30~14:30	SH'BAM 14:15~15:00
SH'BAM 15:15~16:00	BODY COMBAT 14:15~15:00	Lesmills BARRE 14:30~15:00	SH'BAM 14:15~15:00	BODY COMBAT 14:45~15:45	THE TRIP 14:45~15:30	BODY ATTACK 15:15~16:00
Lesmills BARRE 16:15~16:45	Lesmills CORE 15:15~16:00	BODY COMBAT 15:15~16:00	BODY PUMP 15:15~15:45	BODY PUMP 16:00~16:45	SH'BAM 15:45~16:30	RPM 16:15~16:45
	DANCE 16:15~17:00		RPM 16:00~16:30	SPRINT 17:00~17:30	BODY BALANCE 16:45~17:30	THE TRIP 17:00~17:45
	BODY BALANCE 17:15~18:00	GRIT(カーディオ) 17:45~18:15	Lesmills BARRE 16:45~17:15	THE TRIP 17:45~18:30	Lesmills CORE 17:45~18:15	BODY PUMP 18:00~18:45
BODY BALANCE 18:00~19:00		SH'BAM 18:30~19:15	BODY BALANCE 17:30~18:15	RPM 18:45~19:15	DANCE 18:30~19:15	DANCE 19:00~19:30
BODY PUMP 19:15~20:15	THE TRIP 18:30~19:15	SH'BAM 18:30~19:15	SH'BAM 18:30~19:15		RPM 19:30~20:00	BODY COMBAT 19:45~20:45
BODY COMBAT 20:30~21:30	BODY COMBAT 19:30~20:30	BODY PUMP 19:30~20:30	BODY COMBAT 19:30~20:30	DANCE 19:30~20:15	BODY COMBAT 20:15~21:15	SH'BAM 21:00~21:45
THE TRIP 21:45~22:30	DANCE 20:45~21:15	BODY COMBAT 20:45~21:45	BODY PUMP 20:45~21:45	BODY COMBAT 20:30~21:30	BODY PUMP 21:30~22:30	BODY BALANCE 22:00~22:45
BODY ATTACK 22:45~23:30	BODY PUMP 21:30~22:30	BODY BALANCE 22:00~22:45	THE TRIP 22:00~22:45	SH'BAM 21:45~22:30	BODY ATTACK 22:45~23:30	BODY ATTACK 23:00~23:45
	BODY COMBAT 22:45~23:30	DANCE 23:00~23:45	GRIT(ストレングス) 23:00~23:30	BODY COMBAT 22:45~23:30		