



月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
BODY ATTACK 5:30~6:30	DANCE 5:45~6:15	BODY BALANCE 5:30~6:30	BODY BALANCE 6:00~7:00	DANCE 5:30~6:15	BODY COMBAT 5:15~5:45	DANCE 5:00~5:45
DANCE 6:45~7:15	BODY ATTACK 6:30~7:00	BODY COMBAT 6:45~7:45	BODY COMBAT 7:15~7:45	BODY COMBAT 6:30~7:15	BODY BALANCE 6:00~7:00	BODY ATTACK 6:00~6:45
Lesmills CORE 7:30~8:15	DANCE 8:00~8:30	Lesmills CORE 8:00~8:30	BODY ATTACK 8:00~8:45	BODY ATTACK 7:30~8:00	DANCE 7:15~8:00	BODY PUMP 7:00~8:00
BODY COMBAT 8:30~9:15	BODY COMBAT 8:45~9:30	DANCE 8:45~9:30	Lesmills CORE 9:00~9:45	DANCE 8:15~8:45	BODY ATTACK 8:15~8:45	BODY COMBAT 8:15~9:15
DANCE 9:30~10:15	BODY BALANCE 9:45~10:30	BODY BALANCE 9:45~10:45	BODY BALANCE 10:00~11:00	BODY COMBAT 9:00~9:45	BODY COMBAT 9:00~10:00	BODY BALANCE 9:30~10:30
BODY BALANCE 10:30~11:30	Lesmills CORE 10:45~11:15	DANCE 11:00~11:30	DANCE 11:15~12:00	Lesmills CORE 10:00~10:45	BODY PUMP 10:15~11:15	THE TRIP 10:45~11:30
BODY COMBAT 11:45~12:30	DANCE 11:30~12:15	BODY COMBAT 11:45~12:30	BODY COMBAT 12:15~13:00	BODY BALANCE 11:00~12:00	DANCE 11:30~12:00	BODY PUMP 11:45~12:45
Lesmills CORE 12:45~13:30	BODY BALANCE 12:30~13:15	DANCE 12:45~13:30	Lesmills CORE 13:15~14:00	DANCE 12:15~12:45	BODY BALANCE 12:15~13:15	DANCE 13:00~13:45
BODY ATTACK 13:45~14:45	BODY ATTACK 13:30~14:00	Lesmills CORE 13:45~14:15	BODY BALANCE 14:15~15:15	BODY ATTACK 13:00~13:30	BODY COMBAT 13:30~14:30	BODY COMBAT 14:00~15:00
DANCE 15:00~15:45	BODY BALANCE 14:15~15:00	BODY BALANCE 14:30~15:15	DANCE 15:30~16:00	BODY COMBAT 13:45~14:45	THE TRIP 14:45~15:30	BODY ATTACK 15:15~16:00
BODY COMBAT 16:00~16:30	DANCE 15:15~16:00	BODY COMBAT 15:30~16:15	Lesmills CORE 16:15~16:45	BODY BALANCE 15:00~15:45	RPM 15:45~16:35	RPM 16:15~16:45
BODY BALANCE 17:00~18:00	BODY COMBAT 16:15~17:00	GRIT(カーディオ) 17:45~18:15	BODY ATTACK 17:00~17:30	SPRINT 16:00~16:30	BODY BALANCE 16:45~17:30	THE TRIP 17:00~17:45
BODY PUMP 18:15~19:15	Lesmills CORE 17:15~18:00	DANCE 18:30~19:15	BODY BALANCE 17:45~18:30	THE TRIP 16:45~17:30	Lesmills CORE 17:45~18:15	BODY PUMP 18:00~18:45
BODY BALANCE 19:30~20:30	THE TRIP 18:30~19:15	BODY PUMP 19:30~20:30	RPM 18:45~19:15	DANCE 17:45~18:30	DANCE 18:30~19:15	Lesmills CORE 19:00~19:30
BODY COMBAT 20:45~21:45	BODY COMBAT 19:30~20:30	BODY COMBAT 20:45~21:45	BODY COMBAT 19:30~20:30	BODY BALANCE 18:45~19:45	BODY ATTACK 19:30~20:00	BODY COMBAT 19:45~20:45
THE TRIP 22:00~22:45	DANCE 20:45~21:15	BODY COMBAT 20:45~21:45	BODY PUMP 20:45~21:45	BODY ATTACK 20:00~21:00	BODY COMBAT 20:15~21:15	DANCE 21:00~21:45
SPRINT 23:00~23:30	BODY PUMP 21:30~22:30	BODY BALANCE 22:00~22:45	THE TRIP 22:00~22:45	BODY COMBAT 21:15~22:15	BODY PUMP 21:30~22:30	BODY ATTACK 22:00~22:45
	BODY ATTACK 22:45~23:30	DANCE 23:00~23:45	GRIT(ストレングス) 23:00~23:30	Lesmills CORE 22:30~23:00	DANCE 22:45~23:30	BODY BALANCE 23:00~23:45

最新
ナンバーDAY