LesMILLS Virtual lesson Schedule

ご参加は
Bスタジオへ

	Monday 月	Tuesday 火	Wednesday 水	Friday 金	Saturday 土	Sunday 日	
0:00	LesMILLS CORE 0:05-0:35	LesMILLS BODYPUMP 0:00-0:30	LesMILLS BODYBALANCE 0:05-0:35		LesMILLS BODYCOMBAT 0:00-0:45	LesMILLS DANCE 0:05-0:35	21:00
:30							:30
1:00	LesMILLS BODYPUMP 0:45-1:15	LesMILLS BODYCOMBAT 0:40-1:10	LesMILLS BODYPUMP 0:45-1:30		LesMILLS DANCE 0:55-1:25	LesMILLS BODYBALANCE 0:45-1:30	1:00
:30	LesMILLS DANCE 1:25-2:10	LesMILLS DANCE 1:20-2:05	LesMILLS CORE 1:40-2:10		LesMILLS BODYBALANCE 1:35-2:20	LesMILLS BODYPUMP 1:40-2:10	:30
2:00							2:00
:30	LesMILLS BODYCOMBAT 2:20-3:05	LesMILLS BODYBALANCE 2:15-3:00	LesMILLS BODYCOMBAT 2:20-3:05		LesMILLS BODYPUMP 2:30-3:00	LesMILLS CORE 2:20-2:50	:30
3:00							3:00
:30	LesMILLS BODYBALANCE 3:15-4:00	LesMILLS BODYPUMP 3:10-3:40	LesMILLS DANCE 3:15-3:45		LesMILLS CORE 3:10-3:40	LesMILLS BODYCOMBAT 3:00-3:30	:30
4:00							4:00
:30	LesMILLS BODYPUMP 4:10-4:40	LesMILLS CORE 3:50-4:20	LesMILLS BODYBALANCE 3:55-4:25		LesMILLS BODYCOMBAT 3:50-4:20	LesMILLS DANCE 3:40-4:10	:30
5:00	LesMILLS CORE 4:50-5:20	LesMILLS BODYCOMBAT 4:30-5:00	LesMILLS CORE 4:35-5:05		LesMILLS DANCE 4:30-5:00	LesMILLS BODYBALANCE 4:20-4:50	5:00
:30							:30
6:00	LesMILLS BODYCOMBAT 5:30-6:15	LesMILLS DANCE 5:10-5:40	LesMILLS BODYPUMP 5:15-5:45		LesMILLS BODYPUMP 5:10-5:40	LesMILLS CORE 5:00-5:30	6:00
:30		LesMILLS BODYPUMP 5:50-6:20	LesMILLS BODYCOMBAT 5:55-6:25			LesMILLS BODYPUMP 5:40-6:25	:30
7:00	LesMILLS BODYBALANCE 6:25-7:10	LesMILLS CORE 6:30-7:00	LesMILLS DANCE 6:35-7:05		LesMILLS BODYCOMBAT 6:30-7:00	LesMILLS BODYCOMBAT 6:35-7:20	7:00
:30	LesMILLS DANCE 7:20-7:50	LesMILLS BODYCOMBAT 7:10-7:55	LesMILLS CORE 7:15-7:45		LesMILLS DANCE 7:10-7:55	LesMILLS BODYBALANCE 7:30-8:00	:30
8:00	LesMILLS BODYCOMBAT 8:00-8:45	WARM LesMILLS DANCE 8:05-8:50	WARM LesMILLS BODYBALANCE 7:55-8:40		LesMILLS BODYBALANCE 8:05-8:50	LesMILLS DANCE 8:10-8:55	8:00
:30							:30
10:00							10:00
:30							:30
11:00							11:00
:30							:30
12:00							12:00
:30	WARM LesMILLS BODYCOMBAT 21:15-22:00	LesMILLS DANCE 21:15-22:00	WARM LesMILLS BODYBALANCE 21:15-22:00	WARM LesMILLS BODYCOMBAT 21:00-21:45	LesMILLS BODYPUMP 21:20-22:05	LesMILLS DANCE 21:20-22:05	:30
22:00							22:00
:30	LesMILLS BODYBALANCE 22:10-23:10	LesMILLS BODYCOMBAT 22:15-23:00		LesMILLS BODYPUMP 22:10-22:55	LesMILLS CORE 22:15-23:00	LesMILLS BODYCOMBAT 22:15-23:00	:30
23:00							23:00
:30	LesMILLS CORE 23:20-23:50	LesMILLS DANCE 23:10-23:55		LesMILLS CORE 23:05-23:50	LesMILLS BODYCOMBAT 23:10-23:55	LesMILLS BODYBALANCE 23:10-23:55	:30

詳細は毎月配布の
プログラムスケジュールをご確認下さい