

LesMILLS ヴァーチャルスタジオプログラム

2月

	月	火	水	木	金	土	日
00:00	LesMILLS BODYCOMBAT (格闘技) 0:00~0:45	LesMILLS SH'BAM (ダンス) 0:00~0:45	LesMILLS SH'BAM (ダンス) 0:00~0:45	LesMILLS barre 0:00~0:30	LesMILLS BODYATTACK (エアロビクス) 0:00~0:45	LesMILLS BODYCOMBAT (格闘技) 0:00~0:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 0:00~0:45
01:00	LesMILLS BODYATTACK (エアロビクス) 1:00~1:45	LesMILLS BODYCOMBAT (格闘技) 1:00~1:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:00~1:45	LesMILLS SH'BAM (ダンス) 0:45~1:30	LesMILLS BODYCOMBAT (格闘技) 1:00~1:30	LesMILLS BODYATTACK (エアロビクス) 1:00~1:45	LesMILLS BODYCOMBAT (格闘技) 1:00~1:45
02:00	LesMILLS barre 2:00~2:30	LesMILLS BODYATTACK (エアロビクス) 02:00 ~3:00	LesMILLS BODYCOMBAT (格闘技) 2:00~2:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:45~2:30	LesMILLS SH'BAM (ダンス) 1:45~2:30	LesMILLS BODYCOMBAT (格闘技) 2:00~2:30	LesMILLS BODYATTACK (エアロビクス) 2:00~2:45
03:00	LesMILLS SH'BAM (ダンス) 2:45~3:30	LesMILLS BODYATTACK (エアロビクス) 03:15 ~4:15	LesMILLS BODYATTACK (エアロビクス) 3:00~3:45	LesMILLS BODYCOMBAT (格闘技) 2:45~3:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 2:45~3:30	LesMILLS SH'BAM (ダンス) 2:45~3:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:00~3:30
04:00	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:45~4:30		LesMILLS barre 4:00~4:30	LesMILLS BODYATTACK (エアロビクス) 3:45~4:30	LesMILLS BODYCOMBAT (格闘技) 3:45~4:30	LesMILLS BODYCOMBAT (格闘技) 03:45 ~4:45	LesMILLS SH'BAM (ダンス) 3:45~4:30
05:00	LesMILLS barre 4:45~5:15	LesMILLS BODYBALANCE (ヨガ・ピラティス) 4:45~5:30	LesMILLS SH'BAM (ダンス) 4:45~5:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 4:45~5:15	LesMILLS BODYATTACK (エアロビクス) 4:45~5:30	LesMILLS SH'BAM (ダンス)	LesMILLS BODYCOMBAT (格闘技) 4:45~5:30

06:00	LES MILLS SH'BAM (ダンス) 5:30~6:15	LES MILLS barre 5:45~6:15	LES MILLS BODYATTACK (エアロビクス) 5:45~6:30	LES MILLS BODYCOMBAT (格闘技) 5:30~6:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 5:45~6:30	5:00~5:45	LES MILLS SH'BAM 5:45~6:15
07:00	LES MILLS BODYCOMBAT (格闘技) 06:30 ~7:30	LES MILLS SH'BAM (ダンス) 6:30~7:15	LES MILLS barre 6:45~7:15	LES MILLS BODYATTACK (エアロビクス) 6:30~7:15	LES MILLS BODYCOMBAT (格闘技) 6:45~7:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:45~7:30	LES MILLS SH'BAM (ダンス) 6:30~7:15
08:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 07:45 ~8:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 7:30~8:15	LES MILLS SH'BAM (ダンス) 7:30~8:15	LES MILLS barre 7:30~8:00	LES MILLS BODYATTACK (エアロビクス) 7:45~8:30	LES MILLS BODYCOMBAT (格闘技) 7:45~8:30	LES MILLS BODYCOMBAT (格闘技) 7:30~8:15
09:00	LES MILLS BODYATTACK (エアロビクス) 9:00~9:45	LES MILLS SH'BAM 8:30~9:00	LES MILLS BODYCOMBAT 8:30~9:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:15~9:00	LES MILLS BODYBALANCE 8:40~9:10	LES MILLS barre 8:40~9:10	LES MILLS barre 8:30~9:00
10:00	LES MILLS barre 10:00~10:30	LES MILLS BODYCOMBAT (エアロビクス) 9:20~9:50	LES MILLS BODYBALANCE (格闘技) 9:20~9:50	LES MILLS SH'BAM 9:20~9:50	LES MILLS BODYCOMBAT 9:20~9:50	LES MILLS BODYATTACK (エアロビクス) 9:20~10:05	LES MILLS BODYCOMBAT (エアロビクス) 9:20~9:50
11:00	LES MILLS SH'BAM (ダンス) 10:45~11:30	LES MILLS BODYATTACK 11:00~11:30	LES MILLS BODYATTACK (エアロビクス) 11:00~11:45	LES MILLS BODYCOMBAT (格闘技) 11:00~11:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 11:00~11:45	LES MILLS SH'BAM (ダンス) 10:45~11:30	LES MILLS barre 11:00~11:30
	LES MILLS BODYBALANCE	LES MILLS SH'BAM				LES MILLS SH'BAM	LES MILLS SH'BAM

12:00	(ヨガ・ピラティス) 11:45~12:30	(ダンス) 11:45~12:30	LesMILLS barre 12:00~12:30	LesMILLS BODYATTACK 12:00~12:45 (エアロビクス)	LesMILLS BODYCOMBAT 12:00~12:45 (格闘技)	SH'BAM 11:45~12:30 (ダンス)	SH'BAM 11:45~12:30 (ダンス)
13:00	LesMILLS BODYCOMBAT 12:45~13:45 (格闘技)	LesMILLS BODYBALANCE 12:45~13:30 (ヨガ・ピラティス)	LesMILLS SH'BAM 12:45~13:30 (ダンス)	LesMILLS BODYBALANCE 12:55~13:40 (ヨガ・ピラティス)	LesMILLS BODYATTACK 13:00~13:45 (エアロビクス)	LesMILLS BODYCOMBAT 12:45~13:30 (格闘技)	LesMILLS BODYBALANCE 12:45~13:30 (ヨガ・ピラティス)
14:00	LesMILLS BODYBALANCE 14:00~15:00 (ヨガ・ピラティス)	LesMILLS BODYCOMBAT 13:45~14:30 (格闘技)	LesMILLS BODYBALANCE 13:45~14:30 (ヨガ・ピラティス)	LesMILLS SH'BAM 13:45~14:30 (ダンス)	LesMILLS barre 14:00~14:30	LesMILLS BODYATTACK 13:45~14:30 (エアロビクス)	LesMILLS BODYCOMBAT 13:45~14:30 (格闘技)
15:00		LesMILLS BODYATTACK 14:45~15:30 (エアロビクス)	LesMILLS BODYCOMBAT 14:45~15:30 (格闘技)	LesMILLS BODYBALANCE 14:45~15:30 (ヨガ・ピラティス)	LesMILLS SH'BAM 14:45~15:30 (ダンス)	LesMILLS barre 14:45~15:15	LesMILLS BODYCOMBAT 14:45~15:30 (格闘技)
16:00	LesMILLS SH'BAM 15:30~16:15 (ダンス)	LesMILLS barre 15:45~16:15	LesMILLS BODYATTACK 15:45~16:30 (エアロビクス)	LesMILLS BODYCOMBAT 15:45~16:30 (格闘技)	LesMILLS BODYCOMBAT 15:45~16:30 (格闘技)	LesMILLS SH'BAM 15:30~16:15 (ダンス)	LesMILLS BODYBALANCE 15:45~16:15
17:00	LesMILLS BODYBALANCE 16:30~17:15 (ヨガ・ピラティス)	LesMILLS SH'BAM 16:30~17:15 (ダンス)	LesMILLS barre 16:45~17:15	LesMILLS BODYATTACK 16:45~17:15	LesMILLS SH'BAM 16:45~17:15	LesMILLS BODYBALANCE 16:30~17:15 (ヨガ・ピラティス)	LesMILLS SH'BAM 16:30~17:15 (ダンス)
18:00	LesMILLS BODYCOMBAT 17:30~18:15 (格闘技)	LesMILLS BODYBALANCE 17:30~18:15 (ヨガ・ピラティス)	LesMILLS SH'BAM 17:30~18:15 (ダンス)	LesMILLS BODYCOMBAT 17:30~18:00 (格闘技)	LesMILLS BODYCOMBAT 17:30~18:15 (格闘技)	LesMILLS BODYCOMBAT 17:25~17:55	LesMILLS barre 17:25~17:50
				LesMILLS SH'BAM		LesMILLS SH'BAM (ダンス)	LesMILLS BODYCOMBAT

19:00	LES MILLS BODYATTACK (エアロビクス) 18:30~19:15	LES MILLS BODYCOMBAT (格闘技) 18:30~19:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 18:30~19:15	(ダンス) 18:15~19:00	LES MILLS barre 18:30~19:00	18:10~18:55 (格闘技) 18:00~18:45
20:00	LES MILLS barre 19:30~20:00	LES MILLS BODYATTACK (エアロビクス) 19:30~20:15	LES MILLS BODYCOMBAT (格闘技) 19:30~20:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 19:30~20:15	LES MILLS BODYATTACK (エアロビクス) 19:15~20:00	LES MILLS barre 19:10~19:40 LES MILLS BODYCOMBAT (格闘技) 19:00~19:45
21:00	LES MILLS SH'BAM (ダンス) 20:15~21:00	LES MILLS barre 20:30~21:00	LES MILLS BODYATTACK (エアロビクス) 20:30~21:15	LES MILLS BODYCOMBAT (格闘技) 20:30~21:15	LES MILLS SH'BAM (ダンス) 20:15~21:00	LES MILLS barre 20:00~20:30 LES MILLS BODYBALANCE (ヨガ・ピラティス) 20:55~21:40
22:00	LES MILLS BODYATTACK 21:15~21:45	LES MILLS SH'BAM 21:15~21:45	LES MILLS barre 21:30~21:55	LES MILLS BODYATTACK 21:30~21:55	LES MILLS BODYBALANCE 21:15~21:45	LES MILLS BODYCOMBAT (格闘技) 20:45~21:30
23:00	LES MILLS BODYCOMBAT (格闘技) 22:00~22:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 22:00~22:45	LES MILLS SH'BAM (ダンス) 22:10~22:55	LES MILLS barre 22:10~22:40	LES MILLS BODYCOMBAT (格闘技) 22:00~22:45	LES MILLS BODYCOMBAT (格闘技) 21:55~22:40 LES MILLS BODYATTACK (エアロビクス) 21:45~22:30
23:00	LES MILLS BODYATTACK (エアロビクス) 23:00~23:45	LES MILLS BODYCOMBAT (格闘技) 23:00~23:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 23:05~23:50	LES MILLS SH'BAM (ダンス) 22:55~23:40	LES MILLS BODYATTACK (エアロビクス) 23:00~23:45	LES MILLS barre 22:55~23:25 LES MILLS BODYATTACK (エアロビクス) 23:35~23:55 LES MILLS BODYATTACK (エアロビクス) 22:45~23:30