

LesMILLS ヴァーチャルスタジオプログラム

1月

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

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

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

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