

# LesMILLS バーチャルスタジオプログラム

5月

…初心者プログラムの時間になります。

	月	火	水	木	金	土	日
0:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:00~0:45	LesMILLS <b>SH'BAM</b> 0:00~0:30	LesMILLS <b>BODYATTACK</b> 0:00~0:30	LesMILLS <b>barre</b> 0:00~0:25	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 0:00~0:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:00~0:45	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 0:00~0:45
1:00	LesMILLS <b>BODYATTACK</b> 1:00~1:30	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:45~1:30	LesMILLS <b>BODYBALANCE</b> 0:45~1:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:45~1:30	LesMILLS <b>BODYCOMBAT</b> 1:00~1:25	LesMILLS <b>BODYATTACK</b> (エアロビクス) 1:00~1:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 1:00~1:45
2:00	LesMILLS <b>barre</b> 1:45~2:10	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 1:45 ~2:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 1:30~2:15	LesMILLS <b>BODYBALANCE</b> 1:45~2:15	LesMILLS <b>BODYATTACK</b> (エアロビクス) 1:45~2:30	LesMILLS <b>BODYCOMBAT</b> 2:00~2:25	LesMILLS <b>BODYATTACK</b> (エアロビクス) 2:00~2:45
3:00	LesMILLS <b>BODYCOMBAT</b> 2:30~2:55	LesMILLS <b>BODYATTACK</b> (エアロビクス) 3:15~4:00	LesMILLS <b>BODYCOMBAT</b> 3:15~3:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 2:45~3:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 2:45~3:30	LesMILLS <b>SH'BAM</b> (ダンス) 2:45~3:30	LesMILLS <b>BODYCOMBAT</b> 3:00~3:25
4:00	LesMILLS <b>BODYBALANCE</b> 3:45~4:15		LesMILLS <b>barre</b> 4:00~4:25	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:45 ~4:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 3:45~4:30	LesMILLS <b>BODYCOMBAT</b> (格闘技) 3:45~4:30	LesMILLS <b>SH'BAM</b> (ダンス) 3:45~4:30
	LesMILLS <b>barre</b>	LesMILLS <b>BODYCOMBAT</b>	LesMILLS <b>BODYCOMBAT</b>		LesMILLS <b>BODYATTACK</b>		LesMILLS <b>BODYCOMBAT</b>

5:00	4:45~5:10 LesMILLS SH'BAM (ダンス)	4:45~5:30 barre	4:45~5:30 LesMILLS BODYATTACK (エアロビクス)	4:45~5:30 LesMILLS BODYCOMBAT (格闘技)	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 BODYATTACK (エアロビクス)	4:45~5:30 LesMILLS BODYCOMBAT (格闘技)
6:00	5:30~6:15 LesMILLS SH'BAM (ダンス)	5:45~6:10 barre	5:45~6:30 LesMILLS BODYATTACK (エアロビクス)	5:30~6:15 LesMILLS BODYCOMBAT (格闘技)	5:00~5:45 LesMILLS BODYATTACK (エアロビクス)	5:45~6:05 LesMILLS BODYBALANCE (ヨガ・ピラティス)	5:45~6:05 LesMILLS BODYBALANCE (ヨガ・ピラティス)	5:45~6:05 LesMILLS BODYCOMBAT (格闘技)
7:00	6:30~7:00 LesMILLS BODYCOMBAT (格闘技)	6:30~7:00 LesMILLS SH'BAM (ダンス)	6:45~7:10 barre	6:30~7:15 LesMILLS BODYATTACK (エアロビクス)	6:45~7:30 LesMILLS BODYCOMBAT (格闘技)	6:45~7:30 LesMILLS BODYBALANCE (ヨガ・ピラティス)	6:30~7:15 LesMILLS SH'BAM (ダンス)	6:30~7:15 LesMILLS SH'BAM (ダンス)
8:00	7:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	7:30~8:15 LesMILLS BODYCOMBAT (格闘技)	7:30~8:00 LesMILLS SH'BAM (ダンス)	7:30~7:55 barre	7:45~8:15 LesMILLS BODYATTACK (エアロビクス)	7:45~8:30 LesMILLS BODYCOMBAT (格闘技)	7:30~8:15 LesMILLS BODYCOMBAT (格闘技)	7:30~8:15 LesMILLS BODYCOMBAT (格闘技)
9:00	9:00~9:45 LesMILLS BODYATTACK (エアロビクス)	8:30~8:50 LesMILLS SH'BAM (ダンス)	8:30~8:55 LesMILLS BODYCOMBAT (格闘技)	8:15~9:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)	8:40~9:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)	8:45~ LesMILLS BODYCOMBAT (格闘技)	8:30~8:50 LesMILLS BODYBALANCE (ヨガ・ピラティス)	8:30~8:50 LesMILLS BODYBALANCE (ヨガ・ピラティス)
10:00	10:00~10:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	10:00~10:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	10:00~10:45 LesMILLS BODYCOMBAT (格闘技)	10:00~10:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	10:00~10:20 LesMILLS SH'BAM (ダンス)	9:55~10:40 LesMILLS BODYCOMBAT (格闘技)	10:00~10:45 LesMILLS BODYCOMBAT (格闘技)	10:00~10:45 LesMILLS BODYCOMBAT (格闘技)
11:00	11:00~11:30 LesMILLS BODYCOMBAT (格闘技)	11:00~11:20 LesMILLS BODYATTACK (エアロビクス)	11:00~11:20 LesMILLS BODYATTACK (エアロビクス)	11:00~11:20 LesMILLS BODYCOMBAT (格闘技)	11:00~11:20 LesMILLS BODYBALANCE (ヨガ・ピラティス)	11:00~11:15 LesMILLS BODYATTACK (エアロビクス)	11:00~11:20 LesMILLS BODYBALANCE (ヨガ・ピラティス)	11:00~11:20 LesMILLS BODYBALANCE (ヨガ・ピラティス)

			11:00~11:45	11:00~11:45						
12:00	LesMILLS BODYBALANCE 11:45~12:15	LesMILLS SH'BAM (ダンス) 11:45~12:30	LesMILLS barre 12:00~12:30	LesMILLS BODYATTACK 12:00~12:25	LesMILLS BODYBALANCE (ヨガ・ピラティス) 12:00~12:45	LesMILLS SH'BAM 11:40~12:00	LesMILLS BODYCOMBAT 11:45~12:10			
13:00	LesMILLS BODYCOMBAT (格闘技) 12:45 ~13:45	LesMILLS BODYCOMBAT 12:45~13:10	LesMILLS BODYCOMBAT (格闘技) 12:45~13:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 12:40~13:25	LesMILLS BODYCOMBAT (格闘技) 13:00~13:45	LesMILLS BODYCOMBAT (格闘技) 13:15 ~14:15	LesMILLS BODYBALANCE 12:45~13:05			
14:00	LesMILLS BODYBALANCE (ヨガ・ピラティス) 14:00 ~15:00	LesMILLS BODYBALANCE 14:00~14:20	LesMILLS BODYBALANCE (ヨガ・ピラティス) 13:45~14:30	LesMILLS SH'BAM 13:45~14:05	LesMILLS BODYBALANCE 14:00~14:20		LesMILLS BODYCOMBAT (格闘技) 13:30 ~14:30			
15:00	LesMILLS barre 15:15~15:40	LesMILLS BODYCOMBAT (格闘技) 14:45~15:30	LesMILLS BODYCOMBAT 14:45~15:10	LesMILLS BODYBALANCE 14:45~15:05	LesMILLS SH'BAM (ダンス) 14:45~15:30	LesMILLS barre 14:45~15:10	LesMILLS BODYATTACK (エアロビクス) 14:45~15:30			
16:00	LesMILLS BODYCOMBAT 15:55~16:25	LesMILLS barre 15:45~16:10	LesMILLS BODYBALANCE (ヨガ・ピラティス) 15:45~16:30	LesMILLS BODYCOMBAT (格闘技) 15:45~16:30	LesMILLS BODYCOMBAT (格闘技) 15:45~16:30	LesMILLS BODYCOMBAT (格闘技) 15:30~16:15	LesMILLS BODYBALANCE 15:45~16:05			
17:00	LesMILLS BODYBALANCE (ヨガ・ピラティス) 16:30~17:15	LesMILLS BODYBALANCE 16:30~16:50	LesMILLS barre 16:45~17:10	LesMILLS BODYBALANCE 16:45~17:05	LesMILLS BODYBALANCE (ヨガ・ピラティス) 17:00 ~18:00	LesMILLS BODYBALANCE (ヨガ・ピラティス) 16:30~17:15	LesMILLS SH'BAM (ダンス) 16:30~17:15			
	LesMILLS BODYCOMBAT (格闘技) 17:15~18:00	LesMILLS BODYCOMBAT (格闘技) 17:15~18:00	LesMILLS BODYCOMBAT 17:30~17:55	LesMILLS BODYCOMBAT (格闘技) 17:30~17:55		LesMILLS BODYCOMBAT 17:25~17:55	LesMILLS BODYCOMBAT (格闘技) 17:25~17:55			

18:00	17:30~18:15 <b>LES MILLS BODYATTACK</b> (エアロビクス)	17:30~18:15 <b>LES MILLS SH'BAM</b> (ダンス)	17:30~18:15 <b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:30~18:30 <b>LES MILLS SH'BAM</b> (格闘技)	17:30~18:15 <b>LES MILLS SH'BAM</b> (ダンス)	17:30~18:15 <b>LES MILLS barre</b>
19:00	18:30~19:00 <b>LES MILLS BODYCOMBAT</b> (格闘技)	18:15~19:00 <b>LES MILLS BODYCOMBAT</b> (格闘技)	18:15~19:00 <b>LES MILLS BODYCOMBAT</b> (格闘技)	18:45~19:15 <b>LES MILLS BODYCOMBAT</b> (格闘技)	18:15~19:00 <b>LES MILLS SH'BAM</b> (ダンス)	18:10~18:55 <b>LES MILLS BODYCOMBAT</b> (格闘技)
20:00	19:40~20:05 <b>LES MILLS SH'BAM</b> (ダンス)	19:15~20:00 <b>LES MILLS SH'BAM</b> (ダンス)	19:15~20:00 <b>LES MILLS SH'BAM</b> (ダンス)	19:20~19:50 <b>LES MILLS SH'BAM</b> (ダンス)	19:15~20:00 <b>LES MILLS BODYATTACK</b> (エアロビクス)	19:10~19:35 <b>LES MILLS SH'BAM</b> (ダンス)
21:00	20:20~21:05 <b>LES MILLS BODYATTACK</b> (エアロビクス)	20:15~21:00 <b>LES MILLS BODYCOMBAT</b> (格闘技)	20:15~21:00 <b>LES MILLS barre</b>	20:55~21:15 <b>LES MILLS BODYATTACK</b> (エアロビクス)	20:15~21:00 <b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス)	19:50~20:35 <b>LES MILLS BODYCOMBAT</b> (格闘技)
22:00	21:15~21:45 <b>LES MILLS BODYCOMBAT</b> (格闘技)	21:15~21:45 <b>LES MILLS BODYCOMBAT</b> (格闘技)	21:15~21:40 <b>LES MILLS barre</b>	21:30~21:55 <b>LES MILLS BODYATTACK</b> (エアロビクス)	21:15~21:35 <b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス)	20:45~21:30 <b>LES MILLS BODYCOMBAT</b> (格闘技)
23:00	22:00~22:30 <b>LES MILLS BODYCOMBAT</b> (格闘技)	22:00~22:30 <b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス)	22:00~22:45 <b>LES MILLS SH'BAM</b> (ダンス)	22:10~22:40 <b>LES MILLS BODYCOMBAT</b> (格闘技)	22:00~22:45 <b>LES MILLS BODYCOMBAT</b> (格闘技)	21:45~22:30 <b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス)
	23:00~23:45 <b>LES MILLS BODYATTACK</b> (エアロビクス)	23:00~23:30 <b>LES MILLS BODYCOMBAT</b> (格闘技)	23:05~23:50 <b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス)	22:55~23:40 <b>LES MILLS BODYATTACK</b> (エアロビクス)	23:00~23:25 <b>LES MILLS BODYATTACK</b> (エアロビクス)	22:55~23:20 <b>LES MILLS barre</b>
						22:45~23:30 <b>LES MILLS BODYCOMBAT</b> (格闘技)
						23:35~23:55 <b>LES MILLS BODYATTACK</b> (エアロビクス)