

LES MILLS バーチャルスタジオプログラム

6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	LES MILLS BODYCOMBAT (格闘技) 0:00~0:45	LES MILLS SH'BAM 0:00~0:30	LES MILLS BODYATTACK 0:00~0:30	LES MILLS barre 0:00~0:25	LES MILLS BODYBALANCE (ヨガ・ピラティス) 0:00~0:45	LES MILLS BODYCOMBAT (格闘技) 0:00~0:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 0:00~0:45
1:00	LES MILLS BODYATTACK 1:00~1:30	LES MILLS BODYCOMBAT (格闘技) 0:45~1:30	LES MILLS BODYBALANCE 0:45~1:15	LES MILLS BODYCOMBAT (格闘技) 0:45~1:30	LES MILLS BODYCOMBAT 1:00~1:25	LES MILLS BODYATTACK (エアロビクス) 1:00~1:45	LES MILLS BODYCOMBAT (格闘技) 1:00~1:45
2:00	LES MILLS BODYCOMBAT 2:30~2:55	LES MILLS BODYBALANCE (ヨガ・ピラティス) 1:45 ~2:45	LES MILLS BODYCOMBAT (格闘技) 1:30~2:15	LES MILLS BODYBALANCE 1:45~2:15	LES MILLS BODYATTACK (エアロビクス) 1:45~2:30	LES MILLS BODYCOMBAT 2:00~2:25	LES MILLS BODYATTACK (エアロビクス) 2:00~2:45
3:00		LES MILLS BODYATTACK (エアロビクス) 3:15~4:00	LES MILLS BODYCOMBAT 3:15~3:45	LES MILLS BODYCOMBAT (格闘技) 2:45~3:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 2:45~3:30	LES MILLS SH'BAM (ダンス) 2:45~3:30	LES MILLS BODYCOMBAT 3:00~3:25
4:00	LES MILLS BODYBALANCE 3:45~4:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 4:15	LES MILLS SH'BAM 4:00~4:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 3:45 ~4:45	LES MILLS SH'BAM (ダンス) 3:45~4:30	LES MILLS BODYATTACK (エアロビクス) 3:45~4:30	LES MILLS SH'BAM (ダンス) 3:45~4:30
	LES MILLS BODYATTACK 4:30~5:00		LES MILLS BODYBALANCE		LES MILLS BODYATTACK		LES MILLS BODYATTACK

5:00		~5:15 (ヨガ・ピラティス)	4:45~5:30 (ダンス)	5:00~5:45	4:45~5:15	5:00~5:45	4:45~5:30
	LES MILLS SH'BAM (ダンス)	LES MILLS barre	LES MILLS BODYATTACK (エアロビクス)	LES MILLS SH'BAM (ダンス)	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYBALANCE (エアロビクス)
6:00	5:30~6:15	5:45~6:10	5:45~6:30	5:30~6:15	5:30~6:15	6:00~6:25	5:45~6:05
	LES MILLS SH'BAM (ダンス)	LES MILLS barre	LES MILLS BODYATTACK (エアロビクス)	LES MILLS SH'BAM (ダンス)	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
7:00	6:30~7:00	6:30~7:00	6:45~7:10	6:30~7:15	6:45~7:30	6:45~7:30	6:30~7:15
	LES MILLS BODYCOMBAT	LES MILLS SH'BAM (ダンス)	LES MILLS barre	LES MILLS BODYATTACK (エアロビクス)	LES MILLS BODYCOMBAT (格闘技)	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS SH'BAM (ダンス)
8:00	7:45 ~8:45	7:30~8:15	7:30~8:00	7:30~8:00	7:45~8:15	7:45~8:30	7:30~8:15
	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYCOMBAT (格闘技)	LES MILLS SH'BAM (ダンス)	LES MILLS barre	LES MILLS BODYATTACK (エアロビクス)	LES MILLS BODYCOMBAT (格闘技)	LES MILLS BODYCOMBAT (格闘技)
9:00	9:00~9:45	9:10~9:40	9:20~9:50	9:20~9:50	9:20~9:50	9:45	9:20~9:45
	LES MILLS BODYCOMBAT (格闘技)	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYCOMBAT
10:00	10:00~10:45	10:00~10:45	10:00~10:45	10:00~10:45	10:00~10:20	9:55~10:40	10:00~10:45
	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYCOMBAT (格闘技)	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS SH'BAM	LES MILLS BODYCOMBAT (格闘技)	LES MILLS BODYCOMBAT (格闘技)
11:00	11:00~11:30	11:00~11:30	11:00~11:20	11:00~11:20	11:00~11:15	11:00~11:20	
	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYCOMBAT (格闘技)	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS BODYBALANCE

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

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