

LES MILLS バーチャルスタジオプログラム

9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 BODYBALANCE (ヨガ・ピラティス) 0:00~0:45	LES MILLS BODYBALANCE 0:00~0:30		LES MILLS BODYBALANCE 0:05~0:35	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 BODYBALANCE (ヨガ・ピラティス) 1:00~1:45	LES MILLS BODYCOMBAT (格闘技) 1:00~1:45
2:00	LES MILLS BODYCOMBAT 2:00~2:25	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 BODYBALANCE (ヨガ・ピラティス) 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 BODYBALANCE (ヨガ・ピラティス) 3:00~3:45	LES MILLS BODYCOMBAT (格闘技) 2:45~3:30		LES MILLS SH'BAM (ダンス) 2:45~3:30	LES MILLS BODYBALANCE 3:00~3:30
4:00	LES MILLS BODYBALANCE 3:45~4:15		LES MILLS SH'BAM 4:00~4:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 3:45 ~4:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 3:30 ~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	LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYBALANCE		LES MILLS BODYATTACK		LES MILLS BODYATTACK

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

	11:00~								
12:00	12:00 LesMILLS BODYATTACK 12:10~12:40	LesMILLS SH'BAM (ダンス) 11:45~12:30	LesMILLS barre 11:40~12:10	LesMILLS BODYBALANCE (ヨガ・ピラティス) 11:45~12:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 11:30~12:15	LesMILLS SH'BAM 11:40~12:00	LesMILLS BODYCOMBAT 11:45~12:10		
13:00	LesMILLS BODYCOMBAT 12:45~13:15	LesMILLS BODYCOMBAT 12:40~13:10	LesMILLS BODYCOMBAT (格闘技) 12:20~13:05	LesMILLS SH'BAM 12:40~13:10	LesMILLS BODYCOMBAT (格闘技) 12:25~13:10	LesMILLS BODYCOMBAT (格闘技) 12:10~12:30	LesMILLS BODYBALANCE 12:20~12:40		
14:00	LesMILLS BODYATTACK 13:30~13:50	LesMILLS BODYATTACK 13:30~13:50	LesMILLS BODYATTACK 13:15~13:35	LesMILLS BODYATTACK 13:20~13:40	LesMILLS BODYATTACK 13:20~13:40	12:40 ~13:40	LesMILLS BODYATTACK 13:00~13:20		
15:00	14:00 ~15:00	LesMILLS BODYCOMBAT (格闘技) 14:45~15:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 13:45~14:30	LesMILLS BODYCOMBAT 13:55~14:20	LesMILLS BODYBALANCE 14:00~14:30	LesMILLS BODYATTACK 13:50~14:10	LesMILLS BODYCOMBAT (格闘技) 13:30 ~14:30		
16:00	LesMILLS BODYCOMBAT (格闘技) 15:15 ~16:15	LesMILLS barre 15:45~16:15	LesMILLS BODYCOMBAT (格闘技) 15:15 ~16:15	LesMILLS BODYBALANCE (ヨガ・ピラティス) 14:45~15:30	LesMILLS BODYCOMBAT (格闘技) 14:45~15:30	LesMILLS BODYCOMBAT (格闘技) 15:30~16:15	LesMILLS BODYATTACK (エアロビクス) 14:45~15:30		
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) 16:30~17:15	LesMILLS BODYATTACK (エアロビクス) 15:45~16:30	LesMILLS BODYCOMBAT (格闘技) 15:45~16:30	LesMILLS BODYCOMBAT (格闘技) 16:45 ~17:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 16:30~17:15	LesMILLS BODYBALANCE (ヨガ・ピラティス) 16:30~17:15	
	LesMILLS BODYATTACK (エアロビクス) 17:15~18:00	LesMILLS BODYCOMBAT (格闘技) 17:15~18:00	LesMILLS BODYCOMBAT (格闘技) 17:30~17:55	LesMILLS BODYCOMBAT (格闘技) 16:45 ~17:45	LesMILLS BODYCOMBAT (格闘技) 17:30~17:55	LesMILLS BODYCOMBAT (格闘技) 17:30~17:55	LesMILLS BODYATTACK (エアロビクス) 17:30~17:55		

18:00	17:30~18:15 LesMILLS SH'BAM (ダンス)	17:30~18:15 LesMILLS BODYATTACK (エアロビクス)	17:30~18:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)	17:30~18:30 LesMILLS SH'BAM (ダンス)	17:30~18:15 LesMILLS SH'BAM (ダンス)	17:30~18:15 LesMILLS SH'BAM (ダンス)
19:00	18:30~19:15 LesMILLS BODYCOMBAT 19:40~20:05	18:15~19:00 LesMILLS BODYCOMBAT (格闘技)	18:15~19:00 LesMILLS BODYCOMBAT (格闘技)	18:45~19:15 LesMILLS BODYCOMBAT (格闘技)	18:15~19:00 LesMILLS BODYCOMBAT (格闘技)	18:10~18:55 LesMILLS BODYCOMBAT (格闘技)
20:00	20:20~21:05 LesMILLS SH'BAM (ダンス)	20:15~21:00 LesMILLS BODYATTACK (エアロビクス)	20:15~21:00 LesMILLS BODYATTACK (エアロビクス)	20:00~20:45 LesMILLS SH'BAM (ダンス)	20:15~21:00 LesMILLS BODYATTACK (エアロビクス)	19:50~20:35 LesMILLS BODYBALANCE (ヨガ・ピラティス)
21:00	21:15~21:35 LesMILLS BODYBALANCE (ヨガ・ピラティス)	21:15~21:45 LesMILLS BODYCOMBAT (格闘技)	21:15~21:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	20:55~21:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)	20:15~21:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)	20:45~21:30 LesMILLS BODYCOMBAT (格闘技)
22:00	22:00~22:30 LesMILLS BODYCOMBAT (格闘技)	22:00~22:30 LesMILLS BODYBALANCE (ヨガ・ピラティス)	22:00~22:45 LesMILLS SH'BAM (ダンス)	21:30~21:55 LesMILLS BODYATTACK (エアロビクス)	22:00~22:45 LesMILLS BODYCOMBAT (格闘技)	21:45~22:30 LesMILLS BODYBALANCE (ヨガ・ピラティス)
23:00	23:00~23:45 LesMILLS BODYATTACK (エアロビクス)	22:45~23:15 LesMILLS BODYCOMBAT (格闘技)	23:05~23:50 LesMILLS BODYCOMBAT (格闘技)	22:55~23:40 LesMILLS SH'BAM (ダンス)	23:00~23:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	22:45~23:30 LesMILLS BODYCOMBAT (格闘技)
		23:30~0:00 LesMILLS BODYATTACK (エアロビクス)			22:55~23:25 LesMILLS barre (ヨガ・ピラティス)	