

LES MILLS バーチャルスタジオプログラム

10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 (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 (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 BODYBALANCE (ヨガ・ピラティス) 3:30 ~4:30	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 BODYBALANCE (ヨガ・ピラティス) 3:45~4:30	LES MILLS SH'BAM 4:00~4:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 3:45 ~4:45	LES MILLS BODYATTACK 4:00~4:30	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 LES MILLS SH'BAM (ダンス)	4:30 ~5:30 barrebarre	(ヨガ・ピラティス) 4:45~5:30	4:45~5:15 LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS BODYBALANCE (エアロビクス) 4:45~5:30
6:00	5:30~6:15 LES MILLS SH'BAM (ダンス)	5:45~6:10 LES MILLS SH'BAM (ダンス)	5:45~6:15 LES MILLS SH'BAM (ダンス)	5:30~6:15 LES MILLS BODYBALANCE (ヨガ・ピラティス)	5:00~5:45 LES MILLS BODYBALANCE (ヨガ・ピラティス) 5:45~6:05 LES MILLS BODYBALANCE
7:00	6:30~7:00 LES MILLS BODYCOMBAT	6:45~7:15 LES MILLS SH'BAM (格闘技)	6:45~7:05 LES MILLS BODYBALANCE (ヨガ・ピラティス)	6:30~7:15 LES MILLS BODYCOMBAT (格闘技)	6:00~6:25 LES MILLS BODYCOMBAT (格闘技)
8:00	7:45 ~8:45 LES MILLS BODYBALANCE (ヨガ・ピラティス)	7:30~8:15 LES MILLS SH'BAM (格闘技)	7:20~7:50 LES MILLS SH'BAM (格闘技)	7:30~8:00 LES MILLS barre	6:45~7:30 LES MILLS BODYBALANCE (ヨガ・ピラティス)
9:00	9:00~9:45 LES MILLS BODYCOMBAT (格闘技)	8:30~8:50 LES MILLS SH'BAM (格闘技)	8:30~8:55 LES MILLS BODYCOMBAT (格闘技)	8:30~9:15 LES MILLS BODYBALANCE (ヨガ・ピラティス)	7:45~8:30 LES MILLS BODYCOMBAT (格闘技)
10:00	10:00~10:45 LES MILLS BODYBALANCE (ヨガ・ピラティス)	9:10~9:40 LES MILLS BODYCOMBAT (格闘技)	9:20~9:50 LES MILLS BODYBALANCE (ヨガ・ピラティス)	9:45 LES MILLS BODYCOMBAT (格闘技)	8:45~9:45 LES MILLS BODYBALANCE (ヨガ・ピラティス)
11:00	11:00~11:30 LES MILLS BODYBALANCE (ヨガ・ピラティス)	11:00~11:30 LES MILLS BODYCOMBAT (格闘技)	11:00~11:30 LES MILLS BODYBALANCE (ヨガ・ピラティス)	11:00~11:20 LES MILLS BODYBALANCE (ヨガ・ピラティス)	10:00~10:20 LES MILLS BODYBALANCE (ヨガ・ピラティス)
					9:45 LES MILLS BODYCOMBAT (格闘技)
					10:00~10:45 LES MILLS BODYCOMBAT (格闘技)
					11:00~11:20 LES MILLS BODYBALANCE (ヨガ・ピラティス)

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

LesMILLS barre

18:00

17:45~18:15 

(エアロピクス)

17:30~18:15

LES MILLS SH'BAM
(ダンス)
LES MILLS BODYATTACK
(エアロピクス)

LES MILLS BODYBALANCE
(ヨガ・ピラティス)

17:45~18:30
LES MILLS SH'BAM

LES MILLS SH'BAM
(ダンス)

LES MILLS SH'BAM
(ダンス)

LES MILLS SH'BAM
(ダンス)

19:00

18:30~19:15
LES MILLS BODYCOMBAT
(格闘技)

18:30~19:15
LES MILLS barre

18:15~19:00
LES MILLS BODYCOMBAT
(格闘技)

18:45~19:15
LES MILLS BODYCOMBAT
(格闘技)

19:10~19:40
LES MILLS BODYCOMBAT
(格闘技)

19:10~19:40
LES MILLS BODYCOMBAT
(格闘技)

19:10~19:35 
LES MILLS BODYCOMBAT
(格闘技)

20:00

19:40~20:05 
LES MILLS SH'BAM
(ダンス)

19:30~20:00 
LES MILLS BODYATTACK
(エアロピクス)

19:15~20:00
LES MILLS SH'BAM
(ダンス)

19:20~19:45 
LES MILLS SH'BAM
(ダンス)

19:15~20:00
LES MILLS BODYATTACK
(エアロピクス)

19:55~20:40
LES MILLS SH'BAM
(ダンス)


19:50~20:35
LES MILLS SH'BAM
(ダンス)

21:00

21:15~21:35
LES MILLS BODYBALANCE
(ヨガ・ピラティス)

21:15~21:45
LES MILLS BODYCOMBAT
(格闘技)

21:15~21:45
LES MILLS barre

20:55~21:15 
LES MILLS BODYATTACK
(エアロピクス)

21:15~21:35 
LES MILLS BODYBALANCE
(ヨガ・ピラティス)

20:55~21:40
LES MILLS BODYCOMBAT
(格闘技)

20:50~21:50
LES MILLS BODYBALANCE
(ヨガ・ピラティス)

22:00

22:00~22:30
LES MILLS BODYCOMBAT
(格闘技)

22:00~22:30
LES MILLS BODYBALANCE
(ヨガ・ピラティス)

22:00~22:45
LES MILLS SH'BAM
(ダンス)

22:10~22:40 
LES MILLS barre

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
(エアロピクス)

22:45~23:15
LES MILLS barre

23:05~23:50
LES MILLS BODYCOMBAT
(格闘技)

22:55~23:40
LES MILLS SH'BAM
(ダンス)

23:00~23:45
LES MILLS BODYBALANCE
(ヨガ・ピラティス)

22:55~23:40
LES MILLS BODYCOMBAT
(格闘技)

22:45~23:30
LES MILLS BODYCOMBAT
(格闘技)