

LesMILLS

バーチャルスタジオプログラム

11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 BODYBALANCE (ヨガ・ピラティス) 0:00~0:45	LesMILLS SH'BAM 0:00~0:30	LesMILLS BODYATTACK (エアロビクス) 0:00~0:30	LesMILLS BODYBALANCE 0:05~0:35	LesMILLS BODYBALANCE (ヨガ・ピラティス) 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 1:00~1:30	LesMILLS BODYCOMBAT (格闘技) 0:45~1:30	LesMILLS BODYBALANCE 0:45~1:15	LesMILLS BODYCOMBAT (格闘技) 0:45~1:30	LesMILLS BODYCOMBAT 1:00~1:25	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:00~1:45	LesMILLS BODYCOMBAT (格闘技) 1:00~1:45
2:00	LesMILLS BODYCOMBAT 2:00~2:25	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:45~2:45	LesMILLS BODYCOMBAT (格闘技) 1:30~2:15	LesMILLS BODYBALANCE 1:45~2:15	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:45~2:30	LesMILLS BODYCOMBAT 2:00~2:25	LesMILLS BODYATTACK (エアロビクス) 2:00~2:45
3:00	LesMILLS barre 2:40~3:10	LesMILLS BODYATTACK (エアロビクス) 3:15~4:00	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:00~3:45	LesMILLS BODYCOMBAT (格闘技) 2:45~3:30		LesMILLS SH'BAM (ダンス) 2:45~3:30	LesMILLS BODYBALANCE 3:00~3:30
4:00	LesMILLS BODYBALANCE 3:45~4:15		LesMILLS SH'BAM 4:00~4:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:45~4:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:30~4:30	LesMILLS BODYATTACK (エアロビクス) 3:45~4:30	LesMILLS SH'BAM (ダンス) 3:45~4:30
5:00	LesMILLS BODYATTACK 4:45~5:15	LesMILLS BODYBALANCE (ヨガ・ピラティス) 4:30~5:30	LesMILLS BODYBALANCE (ヨガ・ピラティス)		LesMILLS BODYATTACK 4:45~5:15	LesMILLS BODYBALANCE	LesMILLS BODYATTACK (エアロビクス)

		4:45~5:30				4:45~5:30
	LES MILLS SH'BAM (ダンス) 5:30~6:15	LES MILLS barre 5:45~6:10	LES MILLS barre 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) 5:30~6:15	(ヨガ・ピラティス) 5:00~5:45
6:00						LES MILLS BODYCOMBAT 5:45~6:05
	LES MILLS BODYCOMBAT 6:30~7:00	LES MILLS SH'BAM 6:45~7:15	LES MILLS BODYBALANCE 6:45~7:05	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:30~7:15	LES MILLS BODYCOMBAT (格闘技) 6:45~7:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:45~7:30
7:00						LES MILLS SH'BAM (ダンス) 6:30~7:15
	LES MILLS BODYBALANCE (ヨガ・ピラティス) 7:45~8:45	LES MILLS BODYCOMBAT (格闘技) 7:30~8:15	LES MILLS SH'BAM 7:20~7:50	LES MILLS barre 7:30~8:00	LES MILLS BODYATTACK 7:45~8:15	LES MILLS BODYCOMBAT (格闘技) 7:30~8:15
8:00						
	LES MILLS BODYCOMBAT (格闘技) 9:00~9:45	LES MILLS SH'BAM 8:30~8:50	LES MILLS BODYCOMBAT 8:30~8:55	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:30~9:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 9:00~9:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:30~8:50
9:00						LES MILLS BODYCOMBAT 9:20~9:45
	LES MILLS BODYBALANCE (ヨガ・ピラティス) 10:00~10:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 10:00~10:45	LES MILLS BODYCOMBAT (格闘技) 10:00~10:45	LES MILLS BODYCOMBAT (格闘技) 9:45~10:45	LES MILLS BODYCOMBAT (格闘技) 10:00~10:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 10:00~10:20
10:00						
	LES MILLS BODYBALANCE (ヨガ・ピラティス) 11:00~12:00	LES MILLS BODYCOMBAT 11:00~11:30	LES MILLS BODYBALANCE 11:00~11:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 11:00~12:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 11:00~11:20	LES MILLS BODYCOMBAT 11:00~11:30
11:00						LES MILLS BODYBALANCE 11:00~11:20
		LES MILLS SH'BAM	LES MILLS barre		LES MILLS BODYBALANCE (ヨガ・ピラティス)	LES MILLS SH'BAM

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

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