

LesMILLS

バーチャルスタジオプログラム

4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 (ダンス) 0:00~0:30	LesMILLS BODYATTACK (エアロビクス) 0:00~0:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 0:05~0:35	LesMILLS BODYCOMBAT (格闘技) 0:00~0:45	LesMILLS SH'BAM (ダンス) 0:00~0:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 0:00~0:45
1:00	LesMILLS BODYATTACK (エアロビクス) 1:00~1:30	LesMILLS BODYCOMBAT (格闘技) 0:45~1:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 0:45~1:15	LesMILLS BODYCOMBAT (格闘技) 0:45~1:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:00~1:20	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 (格闘技) 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 (ヨガ・ピラティス) 1:45~2:15	LesMILLS barre (バレエ) 1:45~2:15	LesMILLS BODYCOMBAT (格闘技) 2:00~2:25	LesMILLS BODYATTACK (エアロビクス) 2:00~2:45
3:00	LesMILLS barre (バレエ) 2:40~3:10	LesMILLS barre (バレエ) 2:45~3:10	LesMILLS barre (バレエ) 2:20~2:50	LesMILLS BODYCOMBAT (格闘技) 2:45~3:30	LesMILLS BODYATTACK (エアロビクス) 2:30~3:15	LesMILLS SH'BAM (ダンス) 2:45~3:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:00~3:30
4:00	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:45~4:15	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 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) 3:00~3:30
5:00	LesMILLS BODYATTACK (エアロビクス) 4:45~5:15	LesMILLS SH'BAM (ダンス) 4:00~4:30	LesMILLS SH'BAM (ダンス) 4:00~4:30	LesMILLS barre (バレエ) 4:50~5:20	LesMILLS barre (バレエ) 4:45~5:30	LesMILLS barre (バレエ) 4:35~4:55	LesMILLS BODYATTACK (エアロビクス) 4:45~5:30
	LesMILLS SH'BAM (ダンス) 5:30~6:15	LesMILLS barre (バレエ) 5:45~6:10	LesMILLS barre (バレエ) 4:45~5:30	LesMILLS SH'BAM (ダンス) 5:30~6:15	LesMILLS BODYATTACK (エアロビクス) 4:45~5:15	LesMILLS BODYBALANCE (ヨガ・ピラティス) 5:00~5:45	LesMILLS BODYBALANCE (ヨガ・ピラティス) 5:45~6:05

6:00		(ヨガ・ピラティス) 6:15~6:35	5:45~6:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)	LesMILLS BODYBALANCE (ヨガ・ピラティス)	5:30~6:15 LesMILLS BODYCOMBAT (格闘技)	
	LesMILLS BODYCOMBAT (格闘技)	LesMILLS SH'BAM (ダンス)	6:30~7:15 LesMILLS barre (バレエ)	6:30~7:15 LesMILLS BODYCOMBAT (格闘技)	6:00~6:25 LesMILLS BODYBALANCE (ヨガ・ピラティス)	LesMILLS SH'BAM (ダンス)
7:00	6:30~7:00	6:45~7:15 LesMILLS BODYCOMBAT (格闘技)	6:45~7:05 LesMILLS SH'BAM (ダンス)	7:30~8:00 LesMILLS BODYCOMBAT (格闘技)	6:45~7:30 LesMILLS BODYATTACK (エアロビクス)	6:45~7:30 LesMILLS BODYCOMBAT (格闘技)
	LesMILLS BODYBALANCE (ヨガ・ピラティス)	7:30~8:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)	7:20~7:50 LesMILLS barre (バレエ)	8:00~8:30 LesMILLS BODYCOMBAT (格闘技)	7:45~8:15 LesMILLS SH'BAM (ダンス)	7:45~8:30 LesMILLS SH'BAM (ダンス)
8:00	7:45~8:45	8:30~8:50 LesMILLS SH'BAM (ダンス)	8:00~8:30 LesMILLS BODYCOMBAT (格闘技)	8:00~8:30 LesMILLS BODYBALANCE (ヨガ・ピラティス)	8:20~8:50 LesMILLS BODYBALANCE (ヨガ・ピラティス)	8:45~9:15 LesMILLS SH'BAM (ダンス)
	LesMILLS BODYCOMBAT (格闘技)	9:00~9:45 LesMILLS SH'BAM (ダンス)	8:30~8:55 LesMILLS BODYBALANCE (ヨガ・ピラティス)	8:30~9:00 LesMILLS SH'BAM (ダンス)	9:00~9:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	9:20~9:40 LesMILLS BODYCOMBAT (格闘技)
9:00	9:00~9:45	9:10~9:40 LesMILLS SH'BAM (ダンス)	9:20~9:50 LesMILLS SH'BAM (ダンス)	9:05~9:35 LesMILLS BODYCOMBAT (格闘技)	9:00~9:45 LesMILLS SH'BAM (ダンス)	9:20~9:45 LesMILLS BODYATTACK (エアロビクス)
	LesMILLS SH'BAM (ダンス)	10:00~10:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	10:00~10:45 LesMILLS SH'BAM (ダンス)	9:45~10:45 LesMILLS BODYCOMBAT (格闘技)	10:00~10:45 LesMILLS SH'BAM (ダンス)	10:00~11:00 LesMILLS BODYCOMBAT (格闘技)
10:00	10:00~10:45	10:00~10:45 LesMILLS BODYCOMBAT (格闘技)	10:00~10:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	10:00~10:45 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)
	LesMILLS BODYBALANCE (ヨガ・ピラティス)	11:00~11:30 LesMILLS SH'BAM (ダンス)	11:00~11:30 LesMILLS SH'BAM (ダンス)	11:00~12:00 LesMILLS BODYCOMBAT (格闘技)	11:00~11:20 LesMILLS BODYBALANCE (ヨガ・ピラティス)	11:00~11:30 LesMILLS SH'BAM (ダンス)
11:00	11:00~12:00	11:45~12:30 LesMILLS BODYCOMBAT (格闘技)	11:40~12:10 LesMILLS SH'BAM (ダンス)	12:05~12:35 LesMILLS SH'BAM (ダンス)	11:30~12:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)	11:40~12:00 LesMILLS SH'BAM (ダンス)
	LesMILLS BODYATTACK (エアロビクス)	12:10~12:40 LesMILLS BODYCOMBAT (格闘技)	12:25~12:55 LesMILLS BODYCOMBAT (格闘技)	12:40~13:10 LesMILLS SH'BAM (ダンス)	11:40~12:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)	11:35~12:20 LesMILLS SH'BAM (ダンス)
12:00	12:10~12:40	12:40~13:10 LesMILLS BODYCOMBAT (格闘技)	12:25~12:55 LesMILLS BODYATTACK (エアロビクス)	12:40~13:10 LesMILLS BODYBALANCE (ヨガ・ピラティス)	12:10~12:30 LesMILLS BODYCOMBAT (格闘技)	12:30~12:50 LesMILLS BODYATTACK (エアロビクス)
	LesMILLS BODYATTACK (エアロビクス)	12:45~13:15 LesMILLS BODYATTACK (エアロビクス)	13:15~13:35 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:20~13:40 LesMILLS BODYCOMBAT (格闘技)	12:40~13:40 LesMILLS BODYATTACK (エアロビクス)	12:40~13:40 LesMILLS BODYATTACK (エアロビクス)
13:00	12:45~13:15	13:30~13:50 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:30~13:50 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:20~13:40 LesMILLS BODYCOMBAT (格闘技)	13:20~13:40 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:00~13:20 LesMILLS BODYCOMBAT (格闘技)
	LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:45~14:30 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:45~14:30 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:55~14:20 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:55~14:55 LesMILLS BODYBALANCE (ヨガ・ピラティス)	13:30~14:30 LesMILLS BODYCOMBAT (格闘技)
14:00	13:30~14:30					

	(ヨガ・ピラティス) 14:00~15:00	14:00~14:20 LesMILLS BODYCOMBAT (格闘技)	LesMILLS SH'BAM (ダンス)	LesMILLS BODYBALANCE (ヨガ・ピラティス)	14:00~14:30 LesMILLS BODYCOMBAT (格闘技)	barre (バレエ)	LesMILLS BODYBALANCE (ヨガ・ピラティス)
15:00	LesMILLS BODYCOMBAT (格闘技)	14:45~15:30 LesMILLS SH'BAM (ダンス)	14:35~15:05 LesMILLS BODYCOMBAT (格闘技)	14:45~15:30 LesMILLS BODYCOMBAT (格闘技)	14:45~15:30 LesMILLS BODYCOMBAT (格闘技)	15:00~15:25 LesMILLS BODYCOMBAT (格闘技)	14:45~15:30 LesMILLS BODYCOMBAT (格闘技)
16:00		15:40~16:25	15:15~16:15	15:45~16:30	15:45~16:30 LesMILLS BODYATTACK (エアロビクス)	15:30~16:15	15:45~16:15
	LesMILLS BODYBALANCE (ヨガ・ピラティス)	16:30~17:15	16:30~17:15	16:45~17:05	16:45~17:45 LesMILLS BODYCOMBAT (格闘技)	16:30~17:15	16:30~17:15
17:00	barre (バレエ)	17:15~18:00	17:30~17:55	17:30~18:30		17:30~17:55 LesMILLS BODYCOMBAT (格闘技)	17:30~18:15 LesMILLS BODYATTACK (エアロビクス)
18:00	17:45~18:15		18:15~19:00	18:45~19:45	18:15~19:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)	17:30~17:55 LesMILLS SH'BAM (ダンス)	17:30~18:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)
19:00	LesMILLS BODYBALANCE (ヨガ・ピラティス)	LesMILLS BODYATTACK (エアロビクス)	18:15~19:00	18:45~19:45		18:10~18:55 LesMILLS BODYCOMBAT (格闘技)	18:30~19:00 LesMILLS BODYCOMBAT (格闘技)
	LesMILLS BODYCOMBAT (格闘技)	19:30~20:00	19:15~20:00	20:00~20:45 LesMILLS SH'BAM (ダンス)	19:15~20:00 LesMILLS BODYCOMBAT (格闘技)	19:00~19:45 LesMILLS BODYBALANCE (ヨガ・ピラティス)	19:10~19:35 LesMILLS SH'BAM (ダンス)
20:00	19:25~20:10		20:00~20:45	20:00~20:45 LesMILLS BODYATTACK (エアロビクス)		19:55~20:40	19:50~20:35
	LesMILLS SH'BAM (ダンス)	LesMILLS BODYATTACK (エアロビクス)	20:15~21:00	20:15~21:00	20:15~21:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)	20:15~21:00 LesMILLS BODYCOMBAT (格闘技)	20:15~21:00 LesMILLS BODYBALANCE (ヨガ・ピラティス)
21:00	LesMILLS BODYBALANCE (ヨガ・ピラティス)	LesMILLS BODYCOMBAT (格闘技)	20:55~21:15	20:55~21:15 LesMILLS BODYATTACK (エアロビクス)	20:55~21:15 LesMILLS BODYBALANCE (ヨガ・ピラティス)	20:55~21:40 LesMILLS BODYATTACK (エアロビクス)	20:50~21:50
	21:15~21:35	21:15~21:45	21:15~21:45	21:30~21:55	21:30~21:55	21:00~22:00	
22:00	LesMILLS BODYCOMBAT (格闘技)	22:00~22:45 barre (バレエ)	22:00~22:45 LesMILLS SH'BAM (ダンス)	22:05~22:50 LesMILLS BODYCOMBAT (格闘技)	22:00~22:45 LesMILLS BODYCOMBAT (格闘技)	21:55~22:40	22:00~22:30 LesMILLS BODYATTACK (エアロビクス)
	22:00~22:30			22:05~22:50 LesMILLS SH'BAM		LesMILLS BODYCOMBAT	LesMILLS BODYCOMBAT

23:00

LES MILLS
BODYATTACK
(エアロビクス)
23:00~23:45

22:55~23:25
LES MILLS
BODYATTACK
(エアロビクス)
23:30~0:00

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

(ダンス)
22:55~23:40

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

BODYCOMBAT
(格闘技)
22:55~23:40

BODYCOMBAT
(格闘技)
22:45~23:30