

# 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 <b>BODYBALANCE</b> (ヨガ・ピラティス) 0:00~0:45	LesMILLS <b>DANCE</b> (ダンス) 0:00~0:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 0:00~0:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 0:05~0:35	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:00~0:45	LesMILLS <b>DANCE</b> (ダンス) 0:00~0:45	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 0:00~0:45
1:00	LesMILLS <b>BODYATTACK</b> (エアロビクス) 1:00~1:30	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:45~1:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 0:45~1:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 0:45~1:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 1:00~1:20	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 1:00~1:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 1:00~1:45
2:00	LesMILLS <b>DANCE</b> (ダンス) 2:00~2:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 1:45~2:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 1:30~2:15	LesMILLS <b>BODYATTACK</b> (エアロビクス) 1:45~2:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 1:45~2:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 2:00~2:25	LesMILLS <b>BODYATTACK</b> (エアロビクス) 2:00~2:45
3:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 2:40~3:10	LesMILLS <b>BODYCOMBAT</b> (格闘技) 2:45~3:10	LesMILLS <b>BODYATTACK</b> (エアロビクス) 2:20~2:50	LesMILLS <b>BODYCOMBAT</b> (格闘技) 2:45~3:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 2:30~3:15	LesMILLS <b>DANCE</b> (ダンス) 2:45~3:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 2:00~2:45
	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:45~4:15	LesMILLS <b>BODYATTACK</b> (エアロビクス) 3:15~4:00	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:00~3:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 2:45~3:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 2:30~3:15	LesMILLS <b>DANCE</b> (ダンス) 2:45~3:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:00~3:30
			LesMILLS <b>DANCE</b> (ダンス) 3:00~3:45	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:00~3:45	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:00~3:45	LesMILLS <b>BODYATTACK</b> (エアロビクス) 3:00~3:45	LesMILLS <b>DANCE</b> (ダンス) 3:00~3:45

4:00	<b>LES MILLS</b> <b>BODYATTACK</b> (エアロビクス) 4:45~5:15	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 4:30~5:30	(ダンス) 4:00~4:30	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 4:50~5:20	3:45~4:45 3:30~4:30	<b>LES MILLS</b> <b>barre</b> (バレー) 4:30~5:00	3:45~4:30 (ダンス) 3:45~4:30
5:00	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 5:30~6:15	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 5:45~6:10	<b>LES MILLS</b> <b>BODYATTACK</b> (エアロビクス) 5:45~6:15	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 5:30~6:15	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 5:30~6:15	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 5:00~5:45	<b>LES MILLS</b> <b>BODYATTACK</b> (エアロビクス) 4:45~5:30
6:00	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 6:30~7:00	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 6:15~6:35	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 6:45~7:05	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 6:30~7:15	<b>LES MILLS</b> <b>barre</b> (バレー) 6:15~6:45	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 6:00~6:25	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 6:15~7:15
7:00	<b>LES MILLS</b> <b>barre</b> (バレー) 7:05~7:35	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 6:45~7:15	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 7:20~7:50	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 7:30~8:00	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 6:45~7:30	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 6:45~7:30	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 7:30~8:15
8:00	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 7:45~8:45	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 7:20~7:50	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 8:00~9:00	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 8:00~8:30	<b>LES MILLS</b> <b>BODYATTACK</b> (エアロビクス) 7:45~8:15	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 7:45~8:45	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 7:30~8:15
9:00	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 9:00~9:45	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 8:00~9:00	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 9:20~9:50	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 8:30~9:00	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 8:15~9:00	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 8:45~9:15	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 8:15~9:15
10:00	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 10:00~10:45	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 10:00~10:45	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 10:00~10:45	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 9:00~9:45	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 9:45~10:45	<b>LES MILLS</b> <b>BODYATTACK</b> (エアロビクス) 9:20~9:50	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 9:20~9:45
		<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 10:00~10:45	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 10:00~10:45	<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 10:00~10:45	<b>LES MILLS</b> <b>DANCE</b> (ダンス) 10:00~10:45	<b>LES MILLS</b> <b>BODYBALANCE</b> (ヨガ・ピラティス) 10:00~11:00	<b>LES MILLS</b> <b>BODYATTACK</b> (エアロビクス) 10:00~10:45
						<b>LES MILLS</b> <b>BODYCOMBAT</b> (格闘技) 10:00~10:45	

11:00	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 11:00~12:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 11:00~11:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 11:00~11:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 11:00~12:00	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 11:00~11:20	(格闘技) 11:00~11:30	LesMILLS <b>BODYCOMBAT</b> (格闘技) 11:00~11:30
	LesMILLS <b>BODYATTACK</b> (エアロビクス) 12:10~12:40	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 11:30~12:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 11:35~12:35	LesMILLS <b>BODYCOMBAT</b> (格闘技) 12:05~12:35	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 11:30~12:15	LesMILLS <b>DANCE</b> (ダンス) 11:40~12:10	LesMILLS <b>DANCE</b> (ダンス) 11:35~12:20
12:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 12:45~13:15	LesMILLS <b>DANCE</b> (ダンス) 12:40~13:10	LesMILLS <b>DANCE</b> (ダンス) 12:40~13:10	LesMILLS <b>DANCE</b> (ダンス) 12:40~13:10	LesMILLS <b>BODYCOMBAT</b> (格闘技) 12:25~13:10	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 12:10~12:30	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 12:30~12:50
	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:30~14:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 13:30~14:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:15~13:35	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:20~13:40	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:15~14:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 12:40~13:40	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:00~13:20
13:00	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 14:20~15:05	LesMILLS <b>BODYATTACK</b> (エアロビクス) 14:40~15:25	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:45~14:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:55~14:20	LesMILLS <b>BODYATTACK</b> (エアロビクス) 14:00~14:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 13:55~14:55	LesMILLS <b>BODYCOMBAT</b> (格闘技) 13:30~14:30
	LesMILLS <b>BODYCOMBAT</b> (格闘技) 15:15~16:00	LesMILLS <b>BODYATTACK</b> (エアロビクス) 14:35~15:05	LesMILLS <b>DANCE</b> (ダンス) 14:35~15:05	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 14:45~15:30	LesMILLS <b>BODYCOMBAT</b> (格闘技) 14:45~15:30	LesMILLS <b>BODYATTACK</b> (エアロビクス) 15:00~15:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 14:45~15:30
14:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:05~16:25	LesMILLS <b>BODYCOMBAT</b> (格闘技) 15:40~16:25	LesMILLS <b>BODYCOMBAT</b> (格闘技) 15:15~16:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 15:45~16:30	LesMILLS <b>barre</b> (バレー) 15:45~16:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 15:30~16:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 15:45~16:15
	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~16:50	LesMILLS <b>barre</b> (バレー) 16:45~17:10	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:45~17:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15
15:00	LesMILLS <b>barre</b> (バレー) 16:05~16:25	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:00	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~16:50	LesMILLS <b>barre</b> (バレー) 16:45~17:10	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:45~17:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15
	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:00	LesMILLS <b>DANCE</b> (ダンス) 16:30~16:50	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:45~17:10	LesMILLS <b>barre</b> (バレー) 16:45~17:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15
16:00	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:00	LesMILLS <b>DANCE</b> (ダンス) 16:30~16:50	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:45~17:10	LesMILLS <b>barre</b> (バレー) 16:45~17:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15
17:00	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:00	LesMILLS <b>DANCE</b> (ダンス) 16:30~16:50	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:45~17:10	LesMILLS <b>barre</b> (バレー) 16:45~17:45	LesMILLS <b>BODYCOMBAT</b> (格闘技) 16:30~17:15	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 16:30~17:15

	<b>LES MILLS DANCE</b> (ダンス) 17:45~18:15	(ヨガ・ピラティス) 17:15~18:00	(ダンス) 17:30~18:00	(格闘技) 17:30~18:30	(バレー) 17:50~18:10	<b>LES MILLS BODYCOMBAT</b> (格闘技) 17:30~17:55	<b>LES MILLS BODYATTACK</b> (エアロビクス) 17:30~18:15
18:00		<b>LES MILLS BODYCOMBAT</b> (格闘技) 18:05~19:05	<b>LES MILLS BODYCOMBAT</b> (格闘技) 18:15~19:00	<b>LES MILLS BODYCOMBAT</b> (格闘技) 18:45~19:45	<b>LES MILLS BODYCOMBAT</b> (格闘技) 18:15~19:00	<b>LES MILLS DANCE</b> (ダンス) 18:10~18:55	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 18:30~19:00
19:00	<b>LES MILLS BODYCOMBAT</b> (格闘技) 18:20~19:20	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 19:30~20:00	<b>LES MILLS BODYATTACK</b> (エアロビクス) 19:10~19:40		<b>LES MILLS BODYCOMBAT</b> (格闘技) 19:15~20:00	<b>LES MILLS BODYATTACK</b> (エアロビクス) 19:00~19:30	<b>LES MILLS BODYCOMBAT</b> (格闘技) 19:10~19:35
20:00	<b>LES MILLS BODYCOMBAT</b> (格闘技) 19:25~20:10	<b>LES MILLS BODYATTACK</b> (エアロビクス) 20:15~21:00	<b>LES MILLS BODYCOMBAT</b> (格闘技) 19:40~20:10	<b>LES MILLS DANCE</b> (ダンス) 20:00~20:45		<b>LES MILLS BODYATTACK</b> (エアロビクス) 19:40~20:40	<b>LES MILLS DANCE</b> (ダンス) 19:50~20:35
21:00	<b>LES MILLS DANCE</b> (ダンス) 20:20~21:05	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 21:15~22:00	<b>LES MILLS DANCE</b> (ダンス) 20:15~21:00	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 21:00~22:00	<b>LES MILLS BODYATTACK</b> (エアロビクス) 20:15~21:00	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 20:55~21:40	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 20:50~21:50
22:00	<b>LES MILLS BODYCOMBAT</b> (格闘技) 22:00~22:30	<b>LES MILLS DANCE</b> (ダンス) 22:00~22:45	<b>LES MILLS DANCE</b> (ダンス) 22:00~22:45	<b>LES MILLS BODYCOMBAT</b> (格闘技) 22:05~22:40	<b>LES MILLS DANCE</b> (ダンス) 22:00~22:45	<b>LES MILLS BODYATTACK</b> (エアロビクス) 21:55~22:40	<b>LES MILLS DANCE</b> (ダンス) 22:00~22:30
23:00	<b>LES MILLS BODYATTACK</b> (エアロビクス) 23:00~23:45	<b>LES MILLS BODYATTACK</b> (エアロビクス) 23:30~0:00	<b>LES MILLS BODYCOMBAT</b> (格闘技) 23:05~23:50	<b>LES MILLS BODYCOMBAT</b> (格闘技) 22:45~23:45	<b>LES MILLS BODYBALANCE</b> (ヨガ・ピラティス) 23:00~23:45	<b>LES MILLS BODYCOMBAT</b> (格闘技) 22:55~23:40	<b>LES MILLS BODYCOMBAT</b> (格闘技) 22:45~23:30