

# LesMILLS バーチャルスタジオプログラム

# 12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) 2:45~3:30
	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>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>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) 3:45~4:15			LesMILLS <b>BODYATTACK</b> (エアロビクス) 3:45~4:15	LesMILLS <b>DANCE</b> (ダンス) 3:45~4:15

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

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

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