

LesMILLS バーチャルスタジオプログラム

3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 DANCE (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 DANCE (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 DANCE (ダンス) 2:00~2:30	LesMILLS BODYBALANCE (ヨガ・ピラティス) 1:45~2:45	LesMILLS BODYCOMBAT (格闘技) 1:30~2:15	LesMILLS BODYATTACK (エアロビクス) 1:45~2:45	LesMILLS BODYCOMBAT (格闘技) 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 BODYCOMBAT (格闘技) 2:40~3:10	LesMILLS BODYCOMBAT (格闘技) 2:45~3:10	LesMILLS BODYATTACK (エアロビクス) 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 DANCE (ダンス) 2:45~3:30	LesMILLS BODYATTACK (エアロビクス) 2:45~3:30
	LesMILLS BODYATTACK (エアロビクス) 3:20~4:20	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 DANCE (ダンス)	LesMILLS BODYCOMBAT (格闘技)	LesMILLS DANCE (ダンス)	LesMILLS BODYBALANCE (ヨガ・ピラティス) 3:00~3:30
			LesMILLS DANCE			LesMILLS BODYATTACK (エアロビクス)	LesMILLS DANCE

4:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 4:20 ~ 5:20	LES MILLS BODYBALANCE (ヨガ・ピラティス) 4:30 ~ 5:30	(ダンス) 4:00 ~ 4:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 4:50 ~ 5:20	3:45 ~ 4:30	3:30 ~ 4:30	LES MILLS BODYBALANCE (ヨガ・ピラティス) 4:30 ~ 5:00	(ダンス) 3:45 ~ 4:30
5:00	LES MILLS DANCE (ダンス) 5:30 ~ 6:15	LES MILLS BODYCOMBAT (格闘技) 5:45 ~ 6:10	LES MILLS BODYATTACK (エアロビクス) 5:45 ~ 6:15	LES MILLS DANCE (ダンス) 5:30 ~ 6:15	LES MILLS BODYATTACK (エアロビクス) 5:30 ~ 6:15	LES MILLS BODYCOMBAT (格闘技) 5:00 ~ 6:00	LES MILLS BODYCOMBAT (格闘技) 5:35 ~ 6:00	LES MILLS BODYATTACK (エアロビクス) 4:45 ~ 5:30
6:00	LES MILLS BODYCOMBAT (格闘技) 6:30 ~ 7:00	LES MILLS DANCE (ダンス) 6:45 ~ 7:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:45 ~ 7:05	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:30 ~ 7:15	LES MILLS DANCE (ダンス) 6:15 ~ 6:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:00 ~ 7:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 6:00 ~ 7:00	LES MILLS BODYATTACK (エアロビクス) 7:05 ~ 7:35
7:00	LES MILLS BODYATTACK (エアロビクス) 7:05 ~ 7:35	LES MILLS BODYCOMBAT (格闘技) 7:20 ~ 7:50	LES MILLS DANCE (ダンス) 7:20 ~ 7:50	LES MILLS BODYCOMBAT (格闘技) 7:30 ~ 8:00	LES MILLS BODYCOMBAT (格闘技) 6:45 ~ 7:30	LES MILLS BODYCOMBAT (格闘技) 7:00 ~ 7:30	LES MILLS BODYCOMBAT (格闘技) 7:00 ~ 7:30	LES MILLS BODYATTACK (エアロビクス) 7:45 ~ 8:15
8:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:00 ~ 9:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:00 ~ 9:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:00 ~ 9:00	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:00 ~ 8:30	LES MILLS BODYATTACK (エアロビクス) 7:45 ~ 8:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 7:45 ~ 8:45	LES MILLS DANCE (ダンス) 8:45 ~ 9:15	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:15 ~ 9:15
9:00	LES MILLS BODYCOMBAT (格闘技) 9:00 ~ 9:45	LES MILLS DANCE (ダンス) 9:10 ~ 9:40	LES MILLS BODYBALANCE (ヨガ・ピラティス) 9:20 ~ 9:50	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:30 ~ 9:00	LES MILLS DANCE (ダンス) 9:00 ~ 9:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 8:15 ~ 9:00	LES MILLS BODYATTACK (エアロビクス) 9:20 ~ 9:50	LES MILLS BODYATTACK (エアロビクス) 9:00 ~ 9:45
10:00	LES MILLS DANCE (ダンス) 10:00 ~ 10:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 10:00 ~ 10:45	LES MILLS DANCE (ダンス) 10:00 ~ 10:45	LES MILLS BODYCOMBAT (格闘技) 9:45 ~ 10:45	LES MILLS DANCE (ダンス) 10:00 ~ 10:45	LES MILLS BODYBALANCE (ヨガ・ピラティス) 10:00 ~ 11:00	LES MILLS BODYATTACK (エアロビクス) 10:00 ~ 10:45	LES MILLS BODYCOMBAT (格闘技) 9:20 ~ 9:45

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

	(ダンス)	(ダンス)	LES MILLS DANCE	LES MILLS DANCE	16:45~17:30	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK
18:00	17:20~17:50	17:15~18:00	(ダンス)	(ダンス)	LES MILLS BODYBALANCE	(格闘技)	(エアロビクス)
	LES MILLS BODYBALANCE		17:00~17:45	17:30~18:00	(ヨガ・ピラティス)	17:30~17:55	17:30~18:15
	(ヨガ・ピラティス)	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	17:40~18:10	LES MILLS DANCE	LES MILLS BODYBALANCE
	17:55~18:10	(格闘技)	(格闘技)	(格闘技)	LES MILLS BODYCOMBAT	(ダンス)	(ヨガ・ピラティス)
	LES MILLS BODYCOMBAT	18:05~19:05	18:15~19:00	18:05~19:05	(格闘技)	18:10~18:55	18:30~19:00
19:00	(格闘技)		LES MILLS BODYATTACK	LES MILLS BODYATTACK	18:15~19:00	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT
	18:20~19:20	LES MILLS BODYBALANCE	(エアロビクス)	(エアロビクス)	LES MILLS BODYCOMBAT	(エアロビクス)	(格闘技)
	LES MILLS BODYCOMBAT	(ヨガ・ピラティス)	19:10~19:40	19:10~19:55	(格闘技)	19:00~19:30	19:10~19:35
	(格闘技)	19:30~20:00	LES MILLS BODYCOMBAT	LES MILLS DANCE	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS DANCE
20:00	19:25~20:10		(格闘技)	(ダンス)	19:15~20:00	(格闘技)	(ダンス)
	LES MILLS DANCE	LES MILLS BODYATTACK	19:40~20:10	20:00~20:45	LES MILLS BODYATTACK	19:40~20:40	19:40~20:25
	(ダンス)	(エアロビクス)	LES MILLS DANCE	LES MILLS BODYBALANCE	(エアロビクス)	LES MILLS BODYBALANCE	LES MILLS BODYATTACK
21:00	20:20~21:05	20:15~21:00	(ダンス)	(ヨガ・ピラティス)	20:15~21:00	(ヨガ・ピラティス)	(エアロビクス)
	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	20:15~21:00	21:00~22:00	LES MILLS BODYBALANCE	20:55~21:40	20:30~20:50
	(ヨガ・ピラティス)	(ヨガ・ピラティス)	LES MILLS BODYBALANCE		(ヨガ・ピラティス)		LES MILLS BODYBALANCE
	21:15~21:35	21:15~22:00	(ヨガ・ピラティス)		21:00~22:00	LES MILLS BODYATTACK	(ヨガ・ピラティス)
	LES MILLS BODYCOMBAT	LES MILLS DANCE	21:15~21:45	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	(エアロビクス)	20:55~21:55
22:00	(格闘技)	(ダンス)	LES MILLS DANCE	(格闘技)	LES MILLS BODYATTACK	(エアロビクス)	LES MILLS DANCE
	21:45~22:45	22:00~22:45	(ダンス)	22:05~22:40	(エアロビクス)	21:55~22:40	(ダンス)
	(格闘技)	LES MILLS BODYCOMBAT	22:00~22:45		22:00~22:45		22:00~22:30
	LES MILLS BODYATTACK	(格闘技)	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT
23:00	(エアロビクス)	22:55~23:25	(格闘技)	(格闘技)	(ヨガ・ピラティス)	(格闘技)	(格闘技)
	23:00~23:45	LES MILLS BODYATTACK	23:05~23:50	22:45~23:45	23:00~23:45	22:55~23:40	22:45~23:30
		(エアロビクス)					
		23:30~0:00					