

# LES MILLS バーチャルスタジオプログラム

5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)	LesMills <b>DANCE</b> (ダンス)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>DANCE</b> (ダンス)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)
0:00~0:45	0:00~0:45	0:00~0:30	0:00~0:30	0:05~0:35	0:00~0:45	0:00~0:45	0:00~0:45
1:00	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>BODYCOMBAT</b> (格闘技)
1:00~1:30	1:00~1:30	0:45~1:30	0:45~1:15	0:45~1:30	1:00~1:20	1:00~1:45	1:00~1:45
2:00	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYATTACK</b> (エアロビクス)
1:35~1:55	1:35~1:55	1:35~1:55	1:30~2:15	1:45~2:45	1:25~1:45	1:50~2:15	1:50~2:15
2:00	LesMills <b>DANCE</b> (ダンス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYATTACK</b> (エアロビクス)
2:00~2:30	2:00~2:30	2:00~2:30	2:20~2:50	2:45~3:30	2:45~2:15	2:20~2:40	2:20~2:40
3:00	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)	LesMills <b>DANCE</b> (ダンス)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>DANCE</b> (ダンス)	LesMills <b>BODYBALANCE</b> (ヨガ・ピラティス)
2:40~3:10	2:40~3:10	2:40~3:10	3:00~3:45	3:45~4:30	2:30~3:15	2:45~3:30	3:00~3:30
	LesMills <b>BODYATTACK</b> (エアロビクス)	(エアロビクス)	LesMills <b>DANCE</b>	LesMills <b>BODYBALANCE</b>	LesMills <b>BODYCOMBAT</b> (格闘技)	LesMills <b>BODYATTACK</b> (エアロビクス)	LesMills <b>DANCE</b>
	3:15~4:00						

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

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

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

