

# LesMILLS バーチャルスタジオプログラム

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

5:00	(ヨガ・ピラティス) 4:20 ~ 5:20 <b>LesMILLS DANCE</b> (ダンス)	4:30 ~ 5:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)	<b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 4:45 ~ 5:30 <b>LesMILLS BODYATTACK</b> (エアロビクス)	(ヨガ・ピラティス) 4:50 ~ 5:20 <b>LesMILLS DANCE</b> (ダンス)	(ヨガ・ピラティス) 4:45 ~ 5:30 <b>LesMILLS BODYATTACK</b> (エアロビクス)	4:30 ~ 5:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)	(エアロビクス) 4:45 ~ 5:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)
	5:30 ~ 6:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:00 ~ 7:00 <b>LesMILLS BODYATTACK</b> (エアロビクス)	5:45 ~ 6:10 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:15 ~ 7:15 <b>LesMILLS BODYCOMBAT</b> (格闘技)	5:45 ~ 6:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:20 ~ 7:20 <b>LesMILLS DANCE</b> (ダンス)	5:30 ~ 6:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:20 ~ 7:20 <b>LesMILLS BODYCOMBAT</b> (格闘技)	5:30 ~ 6:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:00 ~ 6:45 <b>LesMILLS BODYCOMBAT</b> (格闘技)	5:00 ~ 6:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:00 ~ 7:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)	5:35 ~ 6:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス) 6:00 ~ 7:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)
6:00	7:05 ~ 7:35 <b>LesMILLS BODYCOMBAT</b> (格闘技)	7:20 ~ 7:50 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	7:20 ~ 7:50 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	7:30 ~ 8:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)	6:45 ~ 7:30 <b>LesMILLS BODYATTACK</b> (エアロビクス)	7:00 ~ 7:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	7:00 ~ 7:30 <b>LesMILLS DANCE</b> (ダンス)
	7:35 ~ 8:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	7:20 ~ 7:50 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	8:00 ~ 9:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	8:00 ~ 9:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	7:45 ~ 8:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	7:45 ~ 8:45 <b>LesMILLS DANCE</b> (ダンス)	7:30 ~ 8:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)
7:00	8:00 ~ 9:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)	8:00 ~ 9:00 <b>LesMILLS DANCE</b> (ダンス)	8:00 ~ 9:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	8:00 ~ 9:00 <b>LesMILLS DANCE</b> (ダンス)	8:15 ~ 9:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	8:45 ~ 9:15 <b>LesMILLS BODYATTACK</b> (エアロビクス)	8:15 ~ 9:15 <b>LesMILLS BODYCOMBAT</b> (格闘技)
	9:00 ~ 9:45 <b>LesMILLS DANCE</b> (ダンス)	9:10 ~ 9:40 <b>LesMILLS BODYCOMBAT</b> (格闘技)	9:20 ~ 9:50 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	9:00 ~ 9:45 <b>LesMILLS DANCE</b> (ダンス)	9:00 ~ 9:45 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	9:20 ~ 9:50 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	9:20 ~ 9:45 <b>LesMILLS BODYATTACK</b> (エアロビクス)
8:00	10:00 ~ 10:45 <b>LesMILLS DANCE</b> (ダンス)	10:00 ~ 10:45 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	10:00 ~ 10:45 <b>LesMILLS DANCE</b> (ダンス)	9:45 ~ 10:45 <b>LesMILLS BODYCOMBAT</b> (格闘技)	10:00 ~ 10:45 <b>LesMILLS DANCE</b> (ダンス)	10:00 ~ 11:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)	10:00 ~ 10:45 <b>LesMILLS BODYCOMBAT</b> (格闘技)
	11:00 ~ 12:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:00 ~ 11:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)	11:00 ~ 11:30 <b>LesMILLS BODYATTACK</b> (エアロビクス)	11:00 ~ 12:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:00 ~ 11:20 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:00 ~ 11:30 <b>LesMILLS DANCE</b> (ダンス)	11:00 ~ 11:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)
9:00	11:00 ~ 12:00 <b>LesMILLS BODYATTACK</b> (エアロビクス)	11:00 ~ 11:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:00 ~ 11:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:00 ~ 12:00 <b>LesMILLS BODYCOMBAT</b> (格闘技)	11:00 ~ 11:20 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:40 ~ 12:10 <b>LesMILLS DANCE</b> (ダンス)	11:00 ~ 11:30 <b>LesMILLS DANCE</b> (ダンス)
10:00							
11:00							

12:00	(エアロビクス)	11:30~12:30	11:35~12:35	12:05~12:35	11:30~12:15	LES MILLS BODYBALANCE	11:35~12:20
	12:10~12:40		LES MILLS DANCE	LES MILLS DANCE	LES MILLS BODYCOMBAT	(ヨガ・ピラティス)	LES MILLS BODYBALANCE
13:00	LES MILLS BODYCOMBAT	LES MILLS DANCE	(ダンス)	(ダンス)	(格闘技)	12:10~12:30	(ヨガ・ピラティス)
	(格闘技)	(ダンス)	12:40~13:10	12:40~13:10	12:25~13:10	LES MILLS BODYCOMBAT	12:30~12:50
14:00	12:45~13:15	12:40~13:25	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYATTACK	(格闘技)	LES MILLS BODYATTACK
			(エアロビクス)	(エアロビクス)	(エアロビクス)	12:40~13:40	(エアロビクス)
15:00	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	13:15~13:45	13:20~13:40	13:15~14:00		13:00~13:20
	(エアロビクス)	(ヨガ・ピラティス)	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT
16:00	13:30~14:15	13:30~14:30	(エアロビクス)	(エアロビクス)	(エアロビクス)	(エアロビクス)	(格闘技)
	LES MILLS BODYATTACK	LES MILLS BODYATTACK	13:45~14:30	13:45~14:30	14:00~14:30	13:55~14:55	13:30~14:30
17:00	(エアロビクス)	(エアロビクス)	LES MILLS DANCE	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT		LES MILLS BODYBALANCE
	14:20~15:05	14:40~15:25	(ダンス)	(格闘技)	(格闘技)	LES MILLS BODYBALANCE	(ヨガ・ピラティス)
18:00	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	14:35~15:05	14:40~15:25	14:45~15:30	(ヨガ・ピラティス)	14:45~15:30
	(格闘技)	(格闘技)	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS DANCE	15:00~15:15	
19:00	15:15~15:45	15:30~16:00	(格闘技)	(ヨガ・ピラティス)	(ダンス)	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT
	LES MILLS DANCE	LES MILLS BODYBALANCE	15:15~16:00	15:30~16:00	15:35~16:05	(格闘技)	(格闘技)
20:00	(ダンス)	(ヨガ・ピラティス)	LES MILLS BODYATTACK	LES MILLS DANCE	LES MILLS BODYATTACK	15:30~16:15	15:45~16:15
	16:00~16:30	16:00~16:30	(エアロビクス)	(ダンス)	(エアロビクス)		
21:00	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	16:00~16:30	16:00~16:45	16:10~16:40	LES MILLS BODYATTACK	LES MILLS DANCE
	(ヨガ・ピラティス)	(エアロビクス)	LES MILLS BODYBALANCE	LES MILLS BODYATTACK		(エアロビクス)	(ダンス)
22:00	16:30~17:15	16:30~17:00	(ヨガ・ピラティス)	(エアロビクス)	LES MILLS DANCE	16:30~17:15	16:30~17:15
	LES MILLS DANCE	LES MILLS DANCE	16:35~16:50	16:45~17:15	(ダンス)		
23:00	(ダンス)	(ダンス)	LES MILLS DANCE	LES MILLS BODYBALANCE	16:45~17:30	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
	17:20~17:50	17:15~18:00	(ダンス)	(ヨガ・ピラティス)	LES MILLS BODYBALANCE	(ヨガ・ピラティス)	(ヨガ・ピラティス)
24:00	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	17:00~17:45	17:15~18:00	(ヨガ・ピラティス)	17:15~18:00	17:15~18:15
	(ヨガ・ピラティス)	(ヨガ・ピラティス)	LES MILLS BODYBALANCE	LES MILLS DANCE	17:30~18:15	LES MILLS DANCE	LES MILLS DANCE
25:00	17:50~18:50	18:00~19:00	(ヨガ・ピラティス)	(ダンス)	LES MILLS DANCE	(ダンス)	(ダンス)
	LES MILLS DANCE	LES MILLS DANCE	17:45~18:45	18:05~18:50	(ダンス)	18:10~18:55	18:20~19:05
26:00	(ダンス)	(ダンス)	LES MILLS DANCE	LES MILLS BODYBALANCE	18:20~19:05	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT

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