

# LesMILLS バーチャルスタジオプログラム

# 6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) 3:00~3:30		LesMILLS <b>DANCE</b> (ダンス) 3:00~3:45	LesMILLS <b>BODYBALANCE</b> (ヨガ・ピラティス) 3:45~4:30	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) 3:00~3:30

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

	(ヨガ・ピラティス) 11:00~11:30	11:00~11:30	11:00~11:30	11:00~12:00	11:00~11:20	<b>LesMILLS DANCE</b> (ダンス)	11:00~11:30
	11:00~12:00 <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>LesMILLS BODYCOMBAT</b> (格闘技)	<b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:40~12:10	<b>LesMILLS DANCE</b> (ダンス)
12:00	12:10~12:40 <b>LesMILLS BODYCOMBAT</b> (格闘技)	11:30~12:30 <b>LesMILLS DANCE</b> (ダンス)	11:35~12:35 <b>LesMILLS DANCE</b> (ダンス)	12:05~12:35 <b>LesMILLS DANCE</b> (ダンス)	11:30~12:15 <b>LesMILLS BODYCOMBAT</b> (格闘技)	12:10~12:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	11:35~12:20 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)
	12:45~13:15 <b>LesMILLS BODYATTACK</b> (エアロビクス)	12:40~13:25 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	12:40~13:10 <b>LesMILLS BODYATTACK</b> (エアロビクス)	12:40~13:10 <b>LesMILLS BODYATTACK</b> (エアロビクス)	12:25~13:10 <b>LesMILLS BODYATTACK</b> (エアロビクス)	12:40~13:40 <b>LesMILLS BODYATTACK</b> (エアロビクス)	12:30~12:50 <b>LesMILLS BODYATTACK</b> (エアロビクス)
13:00	13:30~14:15 <b>LesMILLS BODYATTACK</b> (エアロビクス)	13:30~14:30 <b>LesMILLS BODYATTACK</b> (エアロビクス)	13:15~13:45 <b>LesMILLS BODYATTACK</b> (エアロビクス)	13:20~13:40 <b>LesMILLS BODYATTACK</b> (エアロビクス)	13:15~14:00 <b>LesMILLS BODYATTACK</b> (エアロビクス)	13:55~14:55 <b>LesMILLS BODYATTACK</b> (エアロビクス)	13:00~13:20 <b>LesMILLS DANCE</b> (ダンス)
14:00	14:20~15:05 <b>LesMILLS BODYCOMBAT</b> (格闘技)	14:40~15:25 <b>LesMILLS BODYCOMBAT</b> (格闘技)	13:45~14:30 <b>LesMILLS DANCE</b> (ダンス)	13:45~14:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)	14:00~14:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)	15:00~15:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	13:30~14:15 <b>LesMILLS BODYATTACK</b> (エアロビクス)
15:00	15:15~15:45 <b>LesMILLS DANCE</b> (ダンス)	15:30~16:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	14:35~15:05 <b>LesMILLS BODYCOMBAT</b> (格闘技)	14:40~15:25 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	14:45~15:30 <b>LesMILLS DANCE</b> (ダンス)	15:35~16:05 <b>LesMILLS BODYCOMBAT</b> (格闘技)	14:20~14:35 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)
16:00	16:00~16:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	16:00~16:30 <b>LesMILLS BODYATTACK</b> (エアロビクス)	15:15~16:00 <b>LesMILLS BODYATTACK</b> (エアロビクス)	15:30~16:00 <b>LesMILLS DANCE</b> (ダンス)	15:35~16:05 <b>LesMILLS BODYATTACK</b> (エアロビクス)	15:30~16:15 <b>LesMILLS BODYATTACK</b> (エアロビクス)	14:45~15:30 <b>LesMILLS BODYCOMBAT</b> (格闘技)
17:00	16:30~17:15 <b>LesMILLS DANCE</b> (ダンス)	16:30~17:00 <b>LesMILLS DANCE</b> (ダンス)	16:00~16:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	16:00~16:45 <b>LesMILLS BODYATTACK</b> (エアロビクス)	16:10~16:40 <b>LesMILLS BODYATTACK</b> (エアロビクス)	16:30~17:15 <b>LesMILLS DANCE</b> (ダンス)	15:45~16:15 <b>LesMILLS DANCE</b> (ダンス)
	17:20~17:50 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:15~18:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	16:35~16:50 <b>LesMILLS DANCE</b> (ダンス)	16:45~17:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	16:45~17:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	16:45~17:30 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	16:30~17:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)
18:00	17:00~17:45 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:15~18:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:00~17:45 <b>LesMILLS DANCE</b> (ダンス)	17:15~18:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:15~18:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:15~18:00 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)	17:15~18:15 <b>LesMILLS BODYBALANCE</b> (ヨガ・ピラティス)

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