

VRスケジュール

EXCLAMATIONS

時間	月曜	火曜	水曜	木曜	金曜	土曜
9:00	▶ LES MILLS BODYPUMP 9:00-10:00	▶ LES MILLS CXWORX ▶ LES MILLS BODYCOMBAT ▶ LES MILLS BODYPUMP 9:00-9:30 9:30-10:00 10:00-11:00	▶ LES MILLS BODYPUMP 9:00-10:00	▶ LES MILLS BODYPUMP 9:00-10:00	▶ LES MILLS BODYCOMBAT 9:00-10:00	▶ LES MILLS BODYBALANCE 9:00-10:00
10:00	ゆるゆるコース	▶ LES MILLS BODYCOMBAT ▶ LES MILLS BODYPUMP 10:00-11:00		▶ LES MILLS BODYCOMBAT 10:00-11:00		▶ LES MILLS CXWORX 10:00-10:30 ▶ LES MILLS SH'BAM 10:30-11:00
11:00		▶ LES MILLS BODYBALANCE 11:00-12:00		▶ LES MILLS SH'BAM 11:00-11:45 ▶ LES MILLS BODYPUMP 11:45-12:30		▶ LES MILLS BODYPUMP 11:00-12:00
12:00	▶ LES MILLS BODYCOMBAT 12:00-13:00	▶ LES MILLS SH'BAM 12:00-12:30 ▶ LES MILLS CXWORX 12:30-13:00	▶ LES MILLS BODYCOMBAT 12:00-13:00	▶ LES MILLS CXWORX 12:30-13:00	▶ LES MILLS BODYPUMP 12:00-13:00	▶ LES MILLS BODYCOMBAT 12:00-13:00
13:00	▶ LES MILLS BODYBALANCE 13:00-14:00	▶ LES MILLS BODYPUMP 13:00-14:00	▶ LES MILLS BODYPUMP 13:00-14:00	▶ LES MILLS BODYBALANCE 13:00-14:00	▶ LES MILLS CXWORX 13:00-13:30 ▶ LES MILLS BODYCOMBAT 13:30-14:00	▶ LES MILLS BODYBALANCE 13:00-14:00
14:00	▶ LES MILLS BODYPUMP 14:00-15:00	▶ LES MILLS BODYCOMBAT 14:00-15:00	▶ LES MILLS BODYBALANCE 14:00-15:00	▶ LES MILLS BODYCOMBAT 14:00-15:00	▶ LES MILLS BODYBALANCE 14:00-15:00	▶ LES MILLS CXWORX 14:00-14:30
15:00	▶ LES MILLS BODYCOMBAT 15:00-16:00	▶ LES MILLS CXWORX 15:00-15:30 ▶ LES MILLS SH'BAM 15:30-16:00		▶ LES MILLS SH'BAM 15:00-15:30 ▶ LES MILLS CXWORX 15:30-16:00	▶ LES MILLS CXWORX 15:00-15:30 ▶ LES MILLS SH'BAM 15:30-16:00	▶ LES MILLS SH'BAM 14:30-15:15 ▶ LES MILLS BODYPUMP 15:15-16:00
16:00	▶ LES MILLS CXWORX 16:00-16:30 ▶ LES MILLS BODYCOMBAT 16:30-17:00	▶ LES MILLS BODYBALANCE 16:00-17:00	キッズトレーニング	▶ LES MILLS BODYPUMP 16:00-17:00	▶ LES MILLS BODYCOMBAT 16:00-17:00	▶ LES MILLS BODYCOMBAT 16:00-16:30 ▶ LES MILLS CXWORX 16:30-17:00
17:00	▶ LES MILLS BODYPUMP 17:00-18:00	▶ LES MILLS BODYPUMP 17:00-18:00	キッズトレーニング	▶ LES MILLS CXWORX 17:00-17:30 ▶ LES MILLS BODYCOMBAT 17:30-18:00	▶ LES MILLS BODYBALANCE 17:00-17:30 ▶ LES MILLS CXWORX 17:30-18:00	▶ LES MILLS BODYPUMP 17:00-18:00
18:00	▶ LES MILLS CXWORX 18:00-18:30 ▶ LES MILLS BODYBALANCE 18:30-19:00	▶ LES MILLS BODYCOMBAT 18:00-19:00	キッズトレーニング	▶ LES MILLS BODYBALANCE 18:00-19:00	▶ LES MILLS BODYPUMP 18:00-19:00	▶ LES MILLS BODYBALANCE 18:00-19:00
19:00	▶ LES MILLS BODYPUMP 19:00-20:00	▶ LES MILLS BODYBALANCE 19:00-20:00	キッズトレーニング	▶ LES MILLS BODYCOMBAT 19:00-20:00	▶ LES MILLS CXWORX 19:00-19:30 ▶ LES MILLS BODYCOMBAT 19:30-20:00	▶ LES MILLS BODYCOMBAT 19:00-20:00
20:00	▶ LES MILLS BODYCOMBAT 20:00-21:00	▶ LES MILLS BODYPUMP 20:00-21:00	キッズトレーニング	▶ LES MILLS CXWORX 20:00-20:30 ▶ LES MILLS SH'BAM 20:30-21:00	▶ LES MILLS BODYCOMBAT 20:00-21:00	▶ LES MILLS BODYPUMP 20:00-21:00
21:00	ONDEMAND	ONDEMAND		ONDEMAND	ONDEMAND	ONDEMAND

時間ブロック	開始時刻
1時間	9:00



20:30-21:00

週のスケジュール

時間	日曜	月曜	火曜	水曜	木曜	金曜	土曜
1							
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