VRスケジュール

10/5~1月初旬(予定) EXCLAMATIONS

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