

VRスケジュール

4/8~8/5

EXCLAMATIONS

時間	月曜	火曜	水曜	木曜	金曜	土曜
9:00	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	▶ LES MILLS BODYBALANCE 10:00~11:00
10:00	ゆるゆるコース	▶ LES MILLS BODYCOMBAT 10:00~11:00	ONDEMAND グループレッスン優先の為 ONDEMANDから変更する可能性があります。	▶ LES MILLS BODYBALANCE 10:00~11:00	ONDEMAND グループレッスン優先の為 ONDEMANDから変更する可能性があります。	▶ LES MILLS BODYCOMBAT 10:00~11:00
11:00	ONDEMAND	▶ LES MILLS BODYPUMP 11:00~12:00	ONDEMAND グループレッスン優先の為 ONDEMANDから変更する可能性があります。	▶ LES MILLS BODYPUMP 11:00~12:00	ONDEMAND グループレッスン優先の為 ONDEMANDから変更する可能性があります。	▶ LES MILLS BODYPUMP 11:00~12:00
12:00	▶ LES MILLS BODYCOMBAT 12:00~13:00	▶ LES MILLS BODYPUMP 12:00~13:00	▶ LES MILLS BODYCOMBAT 12:00~13:00	▶ LES MILLS CORE 12:00~12:45	▶ LES MILLS BODYBALANCE 12:00~13:00	▶ LES MILLS DANCE 12:00~12:45
13:00	▶ LES MILLS BODYBALANCE 13:00~14:00	▶ LES MILLS CORE 13:00~13:45	▶ LES MILLS BODYBALANCE 13:00~14:00	▶ LES MILLS BODYCOMBAT 12:45~13:15 ▶ LES MILLS DANCE 13:15~14:00	▶ LES MILLS BODYPUMP 13:00~14:00	▶ LES MILLS CORE 12:45~13:30 ▶ LES MILLS BODYPUMP 13:30~14:00
14:00	▶ LES MILLS BODYPUMP 14:00~15:00	▶ LES MILLS BODYCOMBAT 14:00~15:00	▶ LES MILLS BODYPUMP 14:00~15:00	▶ LES MILLS BODYPUMP 14:00~15:00	▶ LES MILLS BODYCOMBAT 14:00~15:00	▶ LES MILLS BODYBALANCE 14:00~15:00
15:00	▶ LES MILLS CORE 15:00~15:45	▶ LES MILLS BODYBALANCE 15:00~16:00	▶ LES MILLS DANCE 15:00~15:45	▶ LES MILLS BODYCOMBAT 15:00~16:00	▶ LES MILLS BODYBALANCE 15:00~16:00	▶ LES MILLS BODYCOMBAT 15:00~16:00
16:00	▶ LES MILLS BODYCOMBAT 16:00~17:00	▶ LES MILLS BODYPUMP 16:00~17:00		▶ LES MILLS BODYBALANCE 16:00~17:00	▶ LES MILLS CORE 16:00~17:45	▶ LES MILLS BODYPUMP 16:00~17:00
17:00	▶ LES MILLS BODYPUMP 17:00~18:00	▶ LES MILLS BODYBALANCE 17:00~18:00		▶ LES MILLS CORE 17:00~17:45	▶ LES MILLS BODYCOMBAT 17:00~18:00	▶ LES MILLS BODYBALANCE 17:00~18:00
18:00	▶ LES MILLS BODYBALANCE 18:00~19:00	▶ LES MILLS CORE 18:15~19:00		▶ LES MILLS BODYCOMBAT 18:00~19:00	▶ LES MILLS BODYPUMP 18:00~19:00	▶ LES MILLS BODYCOMBAT 18:00~19:00
19:00	▶ LES MILLS CORE 19:00~19:45	▶ LES MILLS BODYCOMBAT 19:00~20:00		▶ LES MILLS BODYPUMP 19:00~20:00	▶ LES MILLS BODYBALANCE 19:00~20:00	▶ LES MILLS BODYPUMP 19:00~20:00
20:00	▶ LES MILLS BODYCOMBAT 20:00~21:00	▶ LES MILLS BODYPUMP 20:00~21:00		▶ LES MILLS BODYBALANCE 20:00~21:00	▶ LES MILLS CORE 20:00~20:45	▶ LES MILLS BODYBALANCE 20:00~21:00
21:00	ONDEMAND	ONDEMAND		ONDEMAND	ONDEMAND	ONDEMAND