

マイボディ山梨中央 スタジオスケジュール

2022年6月

	月	火	水	木	金	土	日祝
6:00	6:00~6:45 ▶ THE TRIP	6:00~6:45 ▶ THE TRIP	6:00~6:45 ▶ LesMILLs BODYBALANCE	6:00~6:45 ▶ LesMILLs BODY PUMP	6:00~6:30 ▶ SPRINT	6:00~6:45 ▶ THE TRIP	6:00~6:45 ▶ LesMILLs BODYBALANCE
6:30							
7:00	7:00~7:30 ▶ RPM	7:00~7:30 ▶ SPRINT	7:00~7:45 ▶ LesMILLs BODY PUMP	7:00~7:45 ▶ LesMILLs BODYBALANCE	7:00~7:45 ▶ THE TRIP	7:00~7:30 ▶ SPRINT	7:00~7:45 ▶ LesMILLs SHBAM
7:30							
8:00	8:00~8:45 ▶ THE TRIP	8:00~8:45 ▶ THE TRIP	8:00~8:45 ▶ LesMILLs BODYCOMBAT	8:00~8:45 ▶ LesMILLs SHBAM	8:00~8:30 ▶ SPRINT	8:00~8:45 ▶ THE TRIP	8:00~8:45 ▶ LesMILLs BODY PUMP
8:30							
9:00	9:00~9:30 ▶ SPRINT	9:00~9:30 ▶ RPM	9:00~9:30 ▶ BODYBALANCE	9:00~9:30 ▶ BODYCOMBAT	9:00~9:30 ▶ RPM	9:00~9:30 ▶ SPRINT	9:00~9:30 ▶ CORE
9:30							
10:00	9:45~10:30 ▶ THE TRIP	9:45~10:30 ▶ THE TRIP	9:45~10:30 ▶ LesMILLs SHBAM	9:45~10:30 ▶ LesMILLs BODY PUMP	9:45~10:30 ▶ THE TRIP	9:45~9:15 ▶ CORE	9:45~10:30 ▶ LesMILLs BODYCOMBAT
10:30							
11:00	10:45~11:30 リズム体操 奥野	10:45~11:30 ズンバ 奥野	10:45~11:30 ▶ LesMILLs BODYCOMBAT	10:45~11:30 ズンバ 奥野	10:45~11:15 ▶ SPRINT	10:45~11:30 ヨガ 長久保	10:45~11:30 ▶ LesMILLs BODY PUMP
11:30							
12:00	11:45~12:30 ウェーブリング かおり	11:45~12:30 ストレッチポール 奥野	11:45~12:30 ▶ LesMILLs BODY PUMP	11:45~12:30 体幹&TPH 土屋	11:45~12:30 ▶ THE TRIP	11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMILLs SHBAM
12:30							
13:00	12:45~13:30 ▶ LesMILLs BODY PUMP	12:45~13:15 ▶ SPRINT	12:45~13:45 姿勢改善ピラティス かおり	12:45~13:30 ▶ LesMILLs SHBAM	12:45~13:15 ▶ RPM	12:45~13:30 ▶ LesMILLs SHBAM	12:45~13:30 ズンバ マミーゴ
13:30							
14:00	14:00~14:45 ▶ LesMILLs SHBAM	14:00~14:45 ▶ THE TRIP	14:00~14:45 ▶ LesMILLs BODYBALANCE	14:00~14:45 ▶ LesMILLs BODY PUMP	14:00~14:45 ▶ THE TRIP	14:00~14:45 ▶ LesMILLs BODY PUMP	14:00~14:45 ▶ THE TRIP
14:30							
15:00	15:00~15:45 ▶ LesMILLs BODYBALANCE	15:00~15:30 ▶ SPRINT	15:00~15:45 ▶ LesMILLs SHBAM	15:00~15:45 ▶ LesMILLs BODYBALANCE	15:00~15:30 ▶ SPRINT	15:00~15:45 ▶ LesMILLs BODYCOMBAT	15:00~15:30 ▶ SPRINT
15:30							
16:00	16:00~16:45 ▶ LesMILLs CORE	16:00~16:45 ▶ THE TRIP	16:00~16:45 ▶ LesMILLs BODYCOMBAT	16:00~16:45 ▶ LesMILLs BODY PUMP	16:00~16:45 ▶ THE TRIP	16:00~16:45 ▶ LesMILLs BODYBALANCE	16:00~16:45 ▶ THE TRIP
16:30							
17:00	17:00~17:45 ▶ LesMILLs BODYCOMBAT	17:00~17:30 ▶ SPRINT	17:00~17:45 ▶ LesMILLs BODY PUMP	17:00~17:45 ▶ LesMILLs SHBAM	17:00~17:45 ▶ THE TRIP	17:00~17:45 ▶ LesMILLs CORE	17:00~17:30 ▶ SPRINT
17:30							
18:00	18:00~18:45 ▶ LesMILLs BODY PUMP	18:00~18:45 ▶ THE TRIP	18:00~18:45 ▶ LesMILLs SHBAM	18:00~18:45 ▶ LesMILLs BODYCOMBAT	18:00~18:45 ▶ THE TRIP	18:00~18:45 ▶ LesMILLs BODY PUMP	18:00~18:45 ▶ THE TRIP
18:30							
19:00	19:00~19:45 ボディコンバット 戸栗	19:00~20:00 姿勢改善ピラティス かおり	19:00~19:45 ズンバ 奥野	19:00~19:45 ズンバ 土屋	19:00~19:30 ▶ SPRINT	19:00~19:45 ▶ LesMILLs BODYCOMBAT	19:00~19:45 ▶ THE TRIP
19:30							
20:00	20:00~20:45 ズンバ 真美	20:15~20:45 ▶ CORE	20:00~20:45 ヨガ 奥野	20:00~20:30 ▶ SPRINT	20:00~20:45 ▶ THE TRIP	20:00~20:45 ▶ LesMILLs BODYBALANCE	20:00~20:30 ▶ SPRINT
20:30	6/20 マミーゴ						
21:00	21:00~21:45 ▶ THE TRIP	21:00~21:45 ▶ LesMILLs BODY PUMP	21:00~21:45 ▶ LesMILLs BODYCOMBAT	21:00~21:45 ▶ THE TRIP	21:00~21:30 ▶ RPM	21:00~21:45 ▶ LesMILLs SHBAM	21:00~21:45 ▶ THE TRIP
21:30							
22:00							

アクティブ系
   機能改善系
   バーチャル
   バーチャル自転車
   新レッスン

定員 ボディパンプ8名 ストレッチポール28名 ウェーブリング18名 自転車10名 他25名

