

# マイボデイ山梨中央 スタジオスケジュール 2023年11月～

	月	火	水	木	金	土	日					
6:00						6:00~7:00 ▶ LesMILLs BODY BALANCE	6:00~7:00 ▶ LesMILLs BODY COMBAT					
6:30	11月3日(金)、11月23日(木)祝日の為、プログラムが変更となります。詳しくは、別紙をご確認下さい。											
7:00												
7:30	4日(土) 10:45~ ヨガ → やさしいヨガ 平井 6日(月) 20:00~ ズンバ → VIRTUAL シバム 13日(月) 19:00~ コンバット → VIRTUALコンバット 19日(日) 12:45~ ズンバ マミーゴ → KIRA					7:15~8:15 ▶ LesMILLs BODY PUMP	7:15~7:45 ▶ GRIT ATHLETIC					
8:00											8:00~8:30 ▶ GRIT CARDIO	
8:30												8:45~9:30 ▶ LesMILLs BODY PUMP
9:00											8:30~9:30 ▶ LesMILLs BODY ATTACK	
9:30												
10:00						9:45~10:30 ▶ LesMILLs BODYCOMBAT	9:45~10:45 ▶ LesMILLs BODY BALANCE					
10:30												
11:00	10:45~11:30 リズム体操 奥野	10:45~11:30 ズンバ 奥野	11:00~11:30 ▶ LesMILLs barre	10:45~11:30 ズンバ 奥野	11:00~11:45 ▶ LesMILLs SHBAM	10:45~11:30 ヨガ まさこ(4日代行) ⇒やさしいヨガ 平井	11:00~11:30 ▶ LesMILLs barre					
11:30												
12:00	▶ LesMILLs SHBAM	11:45~12:30 ストレッチポール 奥野	▶ LesMILLs BODY COMBAT	11:45~12:30 ヨガ 奥野	▶ LesMILLs barre 12:00~12:30	11:45~12:30 ズンバ 平井	▶ LesMILLs SHBAM					
12:30												
13:00	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY BALANCE	▶ LesMILLs BODY BALANCE	▶ LesMILLs barre 12:45~13:15	▶ LesMILLs BODY PUMP	▶ LesMILLs SHBAM	12:45~13:30 ズンバ マミーゴ 19日 代行 KIRA					
13:30												
14:00	▶ LesMILLs SHBAM	▶ LesMILLs barre 14:00~14:30	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY COMBAT	▶ LesMILLs BODY BALANCE	▶ LesMILLs BODY PUMP	▶ LesMILLs CORE					
14:30												
15:00	▶ LesMILLs BODY BALANCE	▶ GRIT ATHLETIC 15:00~15:30	▶ LesMILLs CORE	▶ LesMILLs BODY ATTACK	▶ LesMILLs BODY COMBAT	▶ LesMILLs BODY BALANCE	▶ LesMILLs BODY COMBAT					
15:30												
16:00	▶ LesMILLs CORE	▶ LesMILLs BODY COMBAT	▶ LesMILLs barre 16:00~16:30	▶ LesMILLs SHBAM	▶ LesMILLs barre 16:00~16:30	▶ LesMILLs SHBAM	▶ GRIT ATHLETIC 16:00~16:30					
16:30												
17:00	▶ LesMILLs BODY COMBAT	▶ LesMILLs SHBAM	▶ LesMILLs BODY PUMP	▶ LesMILLs CORE	▶ LesMILLs BODY ATTACK	▶ LesMILLs BODY COMBAT	▶ LesMILLs BODY BALANCE					
17:30												
18:00	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY BALANCE	▶ LesMILLs SHBAM	▶ LesMILLs BODY COMBAT	▶ LesMILLs CORE	▶ LesMILLs BODY ATTACK	▶ LesMILLs SHBAM					
18:30												
19:00	▶ LesMILLs BODY COMBAT	▶ LesMILLs BODY ATTACK	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY BALANCE	▶ LesMILLs BODY BALANCE	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY COMBAT					
19:30	19:00~19:45 ボディコンバット 勇貴(13日休講)		19:00~19:45 ズンバ 奥野									
20:00	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY PUMP	▶ LesMILLs BODY BALANCE	▶ LesMILLs BODY COMBAT	▶ LesMILLs CORE	▶ LesMILLs CORE	▶ LesMILLs BODY ATTACK					
20:30	20:00~20:45 ズンバ KIRA(6日休講)											
21:00												

アクティブ系
  機能改善系
  バーチャル

道具を用いるレッスンには定員がございます。