

# マイボデイ山梨中央 スタジオスケジュール 2024年7月～

	月	火	水	木	金	土	日	
6:00						6:00~7:00	6:00~7:00	6:00
6:30						▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK	6:30
7:00								7:00
7:30						7:15~8:15	7:15~8:15	7:30
8:00						▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	8:00
8:30								8:30
9:00						8:30~9:30	8:30~9:30	9:00
9:30						▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP	9:30
10:00						9:45~10:30	9:45~10:45	10:00
10:30						▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	10:30
11:00	10:30~11:15 リズム体操 奥野	10:45~11:30 ズンバ 奥野	11:00~11:30 ▶ LesMiLLs DANCE	10:45~11:30 ズンバ 奥野	11:00~12:00	10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs barre	11:00
11:30	11:30~12:15 やさしいヨガ まさこ	11:45~12:30 ストレッチポール 奥野	11:45~12:30 ▶ LesMiLLs BODY COMBAT	11:45~12:30 ヨガ 奥野	なごみヨガ まさこ	11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMiLLs SHBAM	11:30
12:00					12:15~12:45 ▶ LesMiLLs DANCE			12:00
12:30								12:30
13:00	12:45~13:45 ▶ LesMiLLs BODY PUMP	12:45~13:30 ▶ LesMiLLs BODY BALANCE	12:45~13:45 ▶ LesMiLLs BODY BALANCE	12:45~13:30 ▶ LesMiLLs DANCE	13:00~13:45 ▶ LesMiLLs BODY PUMP	12:45~13:30 ▶ LesMiLLs DANCE	12:45~13:30 ズンバ マミーゴ	13:00
13:30								13:30
14:00	14:00~14:45 ▶ LesMiLLs DANCE	14:00~14:30 ▶ LesMiLLs barre	14:00~14:45 ▶ LesMiLLs BODY PUMP	14:00~14:45 ▶ LesMiLLs BODY COMBAT	14:00~14:45 ▶ LesMiLLs BODY BALANCE	14:00~14:45 ▶ LesMiLLs BODY PUMP	14:00~14:45 ▶ LesMiLLs CORE	14:00
14:30								14:30
15:00	15:00~15:45 ▶ LesMiLLs BODY BALANCE	15:00~15:30 ▶ GRIT ATHLETIC	15:00~15:45 ▶ LesMiLLs CORE	15:00~15:45 ▶ LesMiLLs BODY ATTACK	15:00~15:45 ▶ LesMiLLs BODY COMBAT	15:00~15:45 ▶ LesMiLLs BODY BALANCE	15:00~15:45 ▶ LesMiLLs BODY COMBAT	15:00
15:30								15:30
16:00	16:00~16:45 ▶ LesMiLLs CORE	16:00~16:45 ▶ LesMiLLs BODY COMBAT	16:00~16:30 ▶ LesMiLLs barre	16:00~16:45 ▶ LesMiLLs SHBAM	16:00~16:30 ▶ LesMiLLs barre	16:00~16:45 ▶ LesMiLLs SHBAM	16:00~16:30 ▶ GRIT ATHLETIC	16:00
16:30								16:30
17:00	17:00~17:45 ▶ LesMiLLs BODY COMBAT	17:00~17:45 ▶ LesMiLLs SHBAM	17:00~17:45 ▶ LesMiLLs BODY PUMP	17:00~17:45 ▶ LesMiLLs CORE	17:00~17:45 ▶ LesMiLLs BODY ATTACK	17:00~17:45 ▶ LesMiLLs BODY COMBAT	17:00~17:45 ▶ LesMiLLs BODY BALANCE	17:00
17:30								17:30
18:00	18:00~18:45 ▶ LesMiLLs BODY PUMP	18:00~18:45 ▶ LesMiLLs BODY BALANCE	18:00~18:45 ▶ LesMiLLs DANCE	18:00~18:45 ▶ LesMiLLs BODY COMBAT	18:00~18:45 ▶ LesMiLLs CORE	18:00~18:45 ▶ LesMiLLs BODY ATTACK	18:00~18:45 ▶ LesMiLLs DANCE	18:00
18:30								18:30
19:00	19:00~19:45 ▶ LesMiLLs BODY COMBAT	19:00~19:45 ▶ LesMiLLs BODY ATTACK	19:00~19:45 ズンバ 奥野	19:00~19:45 ▶ LesMiLLs BODY PUMP	19:00~19:45 ▶ LesMiLLs BODY BALANCE	19:00~19:45 ▶ LesMiLLs BODY PUMP	19:00~19:45 ▶ LesMiLLs BODY COMBAT	19:00
19:30								19:30
20:00	20:00~20:45 ▶ ズンバ KIRA	20:00~20:45 ▶ LesMiLLs BODY PUMP	20:00~20:45 ヨガ 奥野	20:00~20:45 ▶ LesMiLLs BODY BALANCE	20:00~20:45 ▶ LesMiLLs BODY COMBAT	20:00~20:45 ▶ LesMiLLs CORE	20:00~20:45 ▶ LesMiLLs BODY ATTACK	20:00
20:30								20:30
21:00								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。

# 2024年7月祝日 特別レッスンスケジュール

15(月)

6:00		6:00
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11:00	▶ 10:45~11:30 LesMiLLs DANCE	11:00
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12:00	▶ 11:45~12:30 LesMiLLs BODY BALANCE	12:00
12:30		12:30
13:00	▶ 12:45~13:45 LesMiLLs BODY PUMP	13:00
13:30		13:30
14:00	▶ 14:00~14:45 LesMiLLs SHBAM	14:00
14:30		14:30
15:00	▶ 15:00~15:45 LesMiLLs BODY BALANCE	15:00
15:30		15:30
16:00	▶ 16:00~16:45 LesMiLLs CORE	16:00
16:30		16:30
17:00	▶ 17:00~17:45 LesMiLLs BODY COMBAT	17:00
17:30		17:30
18:00	▶ 18:00~18:45 LesMiLLs BODY PUMP	18:00
18:30		19:30
19:00	▶ 19:00~19:45 LesMiLLs BODY COMBAT	19:00
19:30		19:30
20:00	▶ 20:00~20:45 LesMiLLs SHBAM	20:00
20:30		20:30
21:00		21:00

# 2024年7月祝日 特別レッスンスケジュール

15(月)

6:00		6:00
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11:00	▶ 10:45~11:30 LesMiLLs DANCE	11:00
11:30		11:30
12:00	▶ 11:45~12:30 LesMiLLs BODY BALANCE	12:00
12:30		12:30
13:00	▶ 12:45~13:45 LesMiLLs BODY PUMP	13:00
13:30		13:30
14:00	▶ 14:00~14:45 LesMiLLs SHBAM	14:00
14:30		14:30
15:00	▶ 15:00~15:45 LesMiLLs BODY BALANCE	15:00
15:30		15:30
16:00	▶ 16:00~16:45 LesMiLLs CORE	16:00
16:30		16:30
17:00	▶ 17:00~17:45 LesMiLLs BODY COMBAT	17:00
17:30		17:30
18:00	▶ 18:00~18:45 LesMiLLs BODY PUMP	18:00
18:30		19:30
19:00	▶ 19:00~19:45 LesMiLLs BODY COMBAT	19:00
19:30		19:30
20:00	▶ 20:00~20:45 LesMiLLs SHBAM	20:00
20:30		20:30
21:00		21:00