

マイボデイ山梨中央 スタジオスケジュール 2024年8月～

	月	火	水	木	金	土	日	
6:00						6:00～7:00 ▶ LesMiLLs BODY BALANCE	6:00～7:00 ▶ LesMiLLs BODY ATTACK	6:00
6:30								6:30
7:00								7:00
7:30						7:15～8:15 ▶ LesMiLLs BODY PUMP	7:15～8:15 ▶ LesMiLLs BODY COMBAT	7:30
8:00								8:00
8:30						8:30～9:30 ▶ LesMiLLs BODY ATTACK	8:30～9:30 ▶ LesMiLLs BODY PUMP	8:30
9:00								9:00
9:30								9:30
10:00						9:45～10:30 ▶ LesMiLLs BODY COMBAT	9:45～10:45 ▶ LesMiLLs BODY BALANCE	10:00
10:30	10:30～11:15 リズム体操 奥野							10:30
11:00	10:45～11:30 ズンパ 奥野		11:00～11:30 ▶ LesMiLLs DANCE	10:45～11:30 ズンパ 奥野	11:00～12:00 なごみヨガ まさこ	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							11:30
12:00	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		11:45～12:30 ズンパ 平井	11:45～12:30 ▶ LesMiLLs SHBAM	12:00
12:30					12:15～12:45 ▶ LesMiLLs DANCE			12:30
13:00	▶ 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	12:45～12:30 ズンパ マミーゴ	13:00
13:30								13:30
14:00	▶ LesMiLLs DANCE	▶ LesMiLLs barre	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	14:00
14:30								14:30
15:00	▶ LesMiLLs BODY BALANCE	▶ GRIT ATHLETIC	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	15:00
15:30								15:30
16:00	▶ LesMiLLs CORE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs barre	▶ LesMiLLs SHBAM	▶ LesMiLLs barre	▶ 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	17:00
17:30								17:30
18:00	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs DANCE	18:00
18:30								18:30
19:00	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs ズンパ 奥野	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	19:00
19:30								19:30
20:00	▶ LesMiLLs ズンパ KILA	▶ LesMiLLs BODY PUMP	▶ LesMiLLs ヨガ 奥野	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	20:00
20:30								20:30
21:00								21:00

お盆休み中 (8/11～8/16) は

アクティブ系
 機能改善系
 パーチャル

道具を用いるレッスンには定員がございます。

2024年お盆 特別レッスンスケジュール

	11(日)	12(月)	13(火)	14(水)	15(木)	16(金)	
6:00	6:00~7:00						6:00
6:30	▶ LesMiLLs BODY ATTACK						6:30
7:00							7:00
7:30	7:15~8:15						7:30
8:00	▶ LesMiLLs BODY COMBAT						8:00
8:30							8:30
9:00	8:30~9:30						9:00
9:30	▶ LesMiLLs BODY PUMP						9:30
10:00							10:00
10:30	9:45~10:45						10:30
11:00	▶ LesMiLLs BODY BALANCE	10:30~11:15			10:45~11:30		11:00
11:30	▶ LesMiLLs barre	▶ LesMiLLs DANCE	10:45~11:30	11:00~11:30	▶ LesMiLLs BODY BALANCE	11:00~12:00	11:30
12:00	11:45~12:30	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs SHBAM	▶ LesMiLLs DANCE		▶ LesMiLLs BODY ATTACK	12:00
12:30	▶ LesMiLLs SHBAM		▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY ATTACK	12:15~12:45	12:30
13:00	12:45~13:30	12:45~13:45	12:45~13:30	12:45~13:45	12:45~13:30	13:00~13:45	13:00
13:30	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	13:30
14:00							14:00
14:30	14:00~14:45	14:00~14:45	14:00~14:30	14:00~14:45	14:00~14:45	14:00~14:45	14:30
15:00	▶ LesMiLLs CORE	▶ LesMiLLs DANCE	▶ LesMiLLs barre	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	15:00
15:30	15:00~15:45	15:00~15:45	15:00~15:30	15:00~15:45	15:00~15:45	15:00~15:45	15:30
16:00	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ GRIT ATHLETIC	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY COMBAT	16:00
16:30	▶ GRIT ATHLETIC	▶ LesMiLLs CORE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs barre	▶ LesMiLLs SHBAM	▶ LesMiLLs barre	16:30
17:00							17:00
17:30	17:00~17:45	17:00~17:45	17:00~17:45	17:00~17:45	17:00~17:45	17:00~17:45	17:30
18:00	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs SHBAM	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	18:00
18:30	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45	18:00~18:45	18:30
19:00	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs DY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs CORE	19:00
19:30							19:30
20:00	19:00~19:45	19:00~19:45	19:00~19:45	19:00~19:45	19:00~19:45	19:00~19:45	20:00
20:30	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs SHBAM	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	20:30
21:00	20:00~20:45	20:00~20:45	20:00~20:45	20:00~20:45	20:00~20:45	20:00~20:45	21:00
	▶ LesMiLLs SHBAM	▶ LesMiLLs SHBAM	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	

▶ 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。