

# マイボディ山梨中央 スタジオスケジュール 2024年10月～

	月	火	水	木	金	土	日					
6:00						6:00~7:00 ▶ LesMiLLs BODY BALANCE	6:00~7:00 ▶ LesMiLLs BODY ATTACK					
6:30												
7:00	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center; background-color: #0070C0; color: white;">                     10月14(月)は祝日のため、 特別スケジュールとなります                 </div>											
7:30										7:15~8:15 ▶ LesMiLLs BODY PUMP	7:15~8:15 ▶ LesMiLLs BODY COMBAT	
8:00												
8:30											8:30~9:30 ▶ LesMiLLs BODY ATTACK	8:30~9:30 ▶ LesMiLLs BODY PUMP
9:00												
9:30						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											
11:00	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 なごみヨガ まさこ	10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs barre					
11:30	11:30~12:15 やさしいヨガ まさこ											
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	12:15~12:45 ▶ LesMiLLs DANCE	11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMiLLs SHBAM					
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					
13:30												
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					
14:30												
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					
15:30												
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					
16:30												
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					
17:30												
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					
18:30												
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					
19:30												
20:00	20:00~20:45 ズンバ KIRA	20:00~20:45 ▶ LesMiLLs BODY COMBAT	20:00~20:45 ヨガ 奥野	20:00~20:45 ▶ LesMiLLs BODY COMBAT	20:00~20:45 ▶ LesMiLLs BODY PUMP	20:00~20:45 ▶ LesMiLLs CORE	20:00~20:45 ▶ LesMiLLs SHBAM					
20:30												
21:00												

アクティブ系
  機能改善系
  バーチャル
  スケジュール変更箇所

道具を用いるレッスンには定員がございます。

# 2024年10月祝日 特別スケジュール

14(月)

6:00		6:00
6:30		6:30
7:00		7:00
7:30		7:30
8:00		8:00
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9:00		9:00
9:30		9:30
10:00		10:00
10:30		10:30
11:00	▶ 10:45~11:30 LesMiLLs DANCE	11:00
11:30		11:30
12:00	▶ 11:45~12:30 LesMiLLs BODY ATTACK	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 DANCE	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 DANCE	20:00
20:30		20:30
21:00		21:00