

マイボデイ山梨中央 スタジオスケジュール 2024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 ATTACK				
6:30											
7:00	<div style="background-color: #0070C0; color: white; padding: 10px; border-radius: 15px; text-align: center;"> 11月3日(日)、4日(月)、23日(土)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										8:30~9:30 ▶ LesMiLLs BODY ATTACK	8:30~9:30 ▶ LesMiLLs BODY PUMP
8:30										9:45~10:30 ▶ LesMiLLs BODY COMBAT	9:45~10:45 ▶ LesMiLLs BODY BALANCE
9:00						10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs barre				
9:30											
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	10:45~11:30 ▶ LesMiLLs DANCE	10:45~11:30 ズンバ 奥野		11:00~12:00 なごみヨガ まさこ						
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							
12:30					12:15~12:45 ▶ LesMiLLs DANCE	11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMiLLs SHBAM				
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
 ▶ 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11月祝日 特別スケジュール

3(日)		4(月)	23(土)	
6:00	6:00~7:00 ▶ LesMiLLs BODY ATTACK		▶ 6:00~7:00 LesMiLLs BODY BALANCE	6:00
6:30				6:30
7:00				7:00
7:30	▶ 7:15~8:15 LesMiLLs BODY COMBAT		▶ 7:15~8:15 LesMiLLs BODY PUMP	7:30
8:00				8:00
8:30				8:30
9:00	▶ 8:30~9:30 LesMiLLs BODY PUMP		▶ 8:30~9:30 LesMiLLs BODY ATTACK	9:00
9:30				9:30
10:00	▶ 9:45~10:45 LesMiLLs BODY BALANCE		▶ 9:45~10:30 LesMiLLs BODY COMBAT	10:00
10:30				10:30
11:00		▶ 10:45~11:30 LesMiLLs DANCE	▶ 10:45~11:30 LesMiLLs BODY BALANCE	11:00
11:30	▶ 11:00~11:30 LesMiLLs barre			11:30
12:00	▶ 11:45~12:30 LesMiLLs SHBAM	▶ 11:45~12:30 LesMiLLs BODY COMBAT	▶ 11:45~12:30 LesMiLLs SHBAM	12:00
12:30				12:30
13:00		▶ 12:45~13:45 LesMiLLs BODY PUMP	▶ 12:45~13:30 LesMiLLs DANCE	13:00
13:30	▶ 12:45~13:45 LesMiLLs BODY BALANCE			13:30
14:00		▶ 14:00~14:45 LesMiLLs DANCE	▶ 14:00~14:45 LesMiLLs BODY PUMP	14:00
14:30	▶ 14:00~14:45 LesMiLLs CORE			14:30
15:00		▶ 15:00~15:45 LesMiLLs BODY BALANCE	▶ 15:00~15:45 LesMiLLs BODY BALANCE	15:00
15:30	▶ 15:00~15:45 LesMiLLs BODY COMBAT			15:30
16:00		▶ 16:00~16:45 LesMiLLs CORE	▶ 16:00~16:45 LesMiLLs SHBAM	16:00
16:30	▶ 16:00~16:30 GRIT ATHLETIC			16:30
17:00		▶ 17:00~17:45 LesMiLLs BODY COMBAT	▶ 17:00~17:45 LesMiLLs BODY COMBAT	17:00
17:30	▶ 17:00~17:45 LesMiLLs BODY BALANCE			17:30
18:00		▶ 18:00~18:45 LesMiLLs BODY PUMP	▶ 18:00~18:45 LesMiLLs BODY ATTACK	18:00
18:30	▶ 18:00~18:45 LesMiLLs DANCE			18:30
19:00		▶ 19:00~19:45 LesMiLLs BODY COMBAT	▶ 19:00~19:45 LesMiLLs BODY PUMP	19:00
19:30	▶ 19:00~19:45 LesMiLLs BODY COMBAT			19:30
20:00		▶ 20:00~20:45 LesMiLLs DANCE	▶ 20:00~20:45 LesMiLLs CORE	20:00
20:30	▶ 20:00~20:45 LesMiLLs SHBAM			20:30
21:00				21:00