

マイボデイ山梨中央 スタジオスケジュール 2024年12月～

	月	火	水	木	金	土	日	
6:00						6:00~7:00	6:00~7:00	
6:30						▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK	
7:00	12月28日(土)~1月3日(金)は 特別スケジュールとなります							
7:30								
8:00						▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	
8:30	12月25日(水)19時から クリスマスZUMBAを開催いたします!							
9:00								
9:30						▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP	
10:00						9:45~10:30	9:45~10:45	
10:30						▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	
11:00	10:30~11:15 リズム体操 奥野	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	10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs barre	
11:30					ヨガ&ピラティス まさこ			
12:00	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		11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMiLLs SHBAM	
12:30					▶ LesMiLLs DANCE			
13:00	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs DANCE	12:45~13:30 ズンバ マミーゴ	
13:30								
14:00	▶ LesMiLLs DANCE	▶ LesMiLLs barre	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	
14:30								
15:00	▶ LesMiLLs BODY BALANCE	▶ GRIT ATHLETIC	▶ 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	▶ LesMiLLs SHBAM	▶ LesMiLLs barre	▶ LesMiLLs SHBAM	▶ GRIT ATHLETIC	
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 DANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs DANCE	
18:30								
19:00	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs ズンバ 奥野	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	
19:30								
20:00	▶ LesMiLLs ズンバ KIRA	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs ヨガ 奥野	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ 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 年末年始(12/28~1/3) 特別スケジュール

	12/28 (土)	12/29 (日)	12/30 (月)	12/31 (火)	1/1 (水)	1/2 (木)	1/3 (金)	
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
11:00	10:45~11:30 ▶ LesMiLLs BODY BALANCE	11:00~11:30 ▶ LesMiLLs barre	10:45~11:30 ▶ LesMiLLs SHBAM	10:45~11:30 ▶ LesMiLLs DANCE	10:45~11:30 ▶ LesMiLLs DANCE	10:45~11:30 ▶ LesMiLLs SHBAM	10:45~11:30 ▶ LesMiLLs BODY BALANCE	11:00
11:30								11:30
12:00	11:45~12:30 ▶ LesMiLLs SHBAM	11:45~12:30 ▶ LesMiLLs SHBAM	11:45~12:30 ▶ LesMiLLs DANCE	11:45~12:30 ▶ LesMiLLs CORE	11:45~12:30 ▶ LesMiLLs BODY COMBAT	11:45~12:30 ▶ LesMiLLs BODY BALANCE	11:45~12:30 ▶ LesMiLLs DANCE	12:00
12:30								12:30
13:00	12:45~13:30 ▶ LesMiLLs DANCE	12:45~13:30 ▶ LesMiLLs DANCE	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	13:00
13:30								13:30
14:00	14:00~14:45 ▶ LesMiLLs BODY PUMP	14:00~14:45 ▶ LesMiLLs CORE	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
14:30								14:30
15:00	15:00~15:45 ▶ LesMiLLs BODY BALANCE	15:00~15:45 ▶ LesMiLLs BODY COMBAT	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
15:30								15:30
16:00	16:00~16:45 ▶ LesMiLLs SHBAM	16:00~16:30 ▶ GRIT ATHLETIC	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
16:30								16:30
17:00	17:00~17:45 ▶ LesMiLLs BODY COMBAT	17:00~17:45 ▶ LesMiLLs BODY BALANCE	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
17:30								17:30
18:00	18:00~18:45 ▶ LesMiLLs BODY ATTACK	18:00~18:45 ▶ LesMiLLs DANCE	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
18:30								18:30
19:00	19:00~19:45 ▶ LesMiLLs BODY PUMP	19:00~19:45 ▶ LesMiLLs BODY COMBAT	19:00~19:45 ▶ LesMiLLs BODY COMBAT	19:00~19:45 ▶ LesMiLLs BODY ATTACK	19:00~19:45 ▶ LesMiLLs SHBAM	19:00~19:45 ▶ LesMiLLs BODY PUMP	19:00~19:45 ▶ LesMiLLs BODY BALANCE	19:00
19:30								19:30
20:00	20:00~20:45 ▶ LesMiLLs CORE	20:00~20:45 ▶ LesMiLLs SHBAM	20:00~20:45 ▶ LesMiLLs DANCE	20:00~20:45 ▶ LesMiLLs BODY COMBAT	20:00~20:45 ▶ LesMiLLs BODY BALANCE	20:00~20:45 ▶ LesMiLLs BODY COMBAT	20:00~20:45 ▶ LesMiLLs BODY PUMP	20:00
20:30								20:30
21:00								21:00

12月28日(土)~1月3日(金)は
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