

# マイボデイ山梨中央 スタジオスケジュール 2025年1月～

	月	火	水	木	金	土	日
6:00						6:00~7:00	6:00~7:00
6:30	<div style="background-color: #0070C0; color: white; padding: 10px; border: 2px solid #0070C0; border-radius: 15px; text-align: center;">                     12月28日(土)~1月3日(金)は                      年末年始特別スケジュールとなります                 </div>					▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK
7:00							
7:30	<div style="background-color: #0070C0; color: white; padding: 10px; border: 2px solid #0070C0; border-radius: 15px; text-align: center;">                     1月13日(月)は、祝日のため                      特別スケジュールとなります                 </div>					▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT
8:00							
8:30						8:30~9:30	8:30~9:30
9:00						▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP
9:30							
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					12:15~12:45 ▶ 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	14:00~14:45 ▶ 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。

# 2025年 1月祝日 特別スケジュール

1/13 (月)

12月28日(土)~1月3日(金)は  
年末年始特別スケジュールとなります

1月13日(月)は  
特別スケジュールとなります

6:00		6:00
6:30		6:30
7:00		7:00
7:30		7:30
8:00		8:00
8:30		8:30
9:00		9:00
9:30		9:30
10:00		10:00
10:30		10:30
11:00	▶ 10:45~11:30 LesMiLLs SHBAM	11:00
11:30		11:30
12:00	▶ 11:45~12:30 LesMiLLs DANCE	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