

マイボデイ山梨中央 スタジオスケジュール 2025年3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;"> 3月20日(木)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											
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	10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs DANCE				
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 BODY PUMP				
12:30					12:15~12:45 ▶ LesMiLLs DANCE						
13:00	12:45~13:45 ▶ LesMiLLs BODY PUMP	12:45~13:45 ▶ LesMiLLs BODY PUMP	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	14:00~14:45 ▶ LesMiLLs DANCE	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 BODY BALANCE	16:00~16:45 ▶ LesMiLLs BODY BALANCE	16:00~16:45 ▶ LesMiLLs DANCE	16:00~16:45 ▶ LesMiLLs DANCE	16:00~16:30 ▶ GRIT ATHLETIC				
16:30											
17:00	17:00~17:45 ▶ LesMiLLs BODY COMBAT	17:00~17:45 ▶ LesMiLLs DANCE	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 BODY BALANCE				
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 3月祝日 特別スケジュール

3/20 (木)

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3月20日(木)は
特別スケジュールとなります

▶ 10:45~11:30
LesMiLLs
DANCE

▶ 11:45~12:30
LesMiLLs
CORE

▶ 12:45~13:30
LesMiLLs
BODY BALANCE

▶ 14:00~14:30
LesMiLLs barre

▶ 15:00~15:30
GRIT ATHLETIC

▶ 16:00~16:45
LesMiLLs
BODY COMBAT

▶ 17:00~17:45
LesMiLLs
DANCE

▶ 18:00~18:45
LesMiLLs
BODY BALANCE

▶ 19:00~19:45
LesMiLLs
BODY ATTACK

▶ 20:00~20:45
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。