

マイボデイ山梨中央 スタジオスケジュール 2025年5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	5月3日(土)・4日(日)・5日(月)・6日(火)は祝日のため、 特別スケジュールとなります					7:15～8:15 ▶ LesMiLLs BODY PUMP	7:15～8:15 ▶ LesMiLLs BODY COMBAT
7:30							
8:00						8:30～9:30 ▶ LesMiLLs BODY ATTACK	8:30～9:30 ▶ LesMiLLs BODY PUMP
8:30							
9:00						9:45～10:30 ▶ LesMiLLs BODY COMBAT	9:45～10:45 ▶ LesMiLLs BODY BALANCE
9:30							
10:00						10:45～11:30 ヨガ まさこ	11:00～11:30 ▶ LesMiLLs DANCE
10:30	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 ヨガ&ピラティス まさこ		
11:00						11:45～12:30 ズンバ 平井	11:45～12:30 ▶ LesMiLLs BODY PUMP
11:30	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	12:15～12:45 ▶ LesMiLLs DANCE		
12:00						12:45～13:30 ▶ LesMiLLs DANCE	12:45～13:30 ズンバ マミーゴ
12:30	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		
13:00						14:00～14:45 ▶ LesMiLLs BODY PUMP	14:00～14:45 ▶ LesMiLLs CORE
13:30	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						15:00～15:45 ▶ LesMiLLs BODY BALANCE	15:00～15:45 ▶ LesMiLLs BODY COMBAT
14:30	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						16:00～16:45 ▶ LesMiLLs DANCE	16:00～16:30 GRIT ATHLETIC
15:30	16:00～16:45 ▶ LesMiLLs CORE	16:00～16:45 ▶ LesMiLLs BODY COMBAT	16:00～16:45 ▶ LesMiLLs BODY BALANCE	16:00～16:45 ▶ LesMiLLs BODY BALANCE	16:00～16:45 ▶ LesMiLLs DANCE		
16:00						17:00～17:45 ▶ LesMiLLs BODY ATTACK	17:00～17:45 ▶ LesMiLLs BODY COMBAT
16:30	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 COMBAT		
17:00						18:00～18:45 ▶ LesMiLLs CORE	18:00～18:45 ▶ LesMiLLs BODY ATTACK
17:30	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						19:00～19:45 ▶ LesMiLLs BODY PUMP	19:00～19:45 ▶ LesMiLLs BODY COMBAT
18:30	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						20:00～20:45 ▶ LesMiLLs CORE	20:00～20:45 ▶ LesMiLLs BODY BALANCE
19:30	20:00～20:45 ▶ LesMiLLs DANCE	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							
20:30							
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 5月祝日 特別スケジュール

	5/3 (土)	5/4 (日)	5/5 (月)	5/6 (火)
6:00	▶ 6:00~7:00 LesMiLLs BODY BALANCE	▶ 6:00~7:00 LesMiLLs BODY ATTACK		
6:30				
7:00	▶ 7:15~8:15 LesMiLLs BODY PUMP	▶ 7:15~8:15 LesMiLLs BODY COMBAT		
7:30				
8:00	▶ 8:30~9:30 LesMiLLs BODY ATTACK	▶ 8:30~9:30 LesMiLLs BODY PUMP		
8:30				
9:00	▶ 9:45~10:30 LesMiLLs BODY COMBAT	▶ 9:45~10:45 LesMiLLs BODY BALANCE		
9:30				
10:00	▶ 10:45~11:30 LesMiLLs BODY BALANCE	▶ 11:00~11:30 DANCE	▶ 10:45~11:30 LesMiLLs BODY COMBAT	▶ 10:45~11:30 LesMiLLs DANCE
10:30				
11:00	▶ 11:45~12:30 LesMiLLs CORE	▶ 11:45~12:30 LesMiLLs BODY PUMP	▶ 11:45~12:30 LesMiLLs CORE	▶ 11:45~12:30 LesMiLLs CORE
11:30				
12:00	▶ 12:45~13:30 LesMiLLs DANCE	▶ 12:45~13:30 LesMiLLs DANCE	▶ 12:45~13:45 LesMiLLs BODY PUMP	▶ 12:45~13:45 LesMiLLs BODY PUMP
12:30				
13:00				
13:30	▶ 14:00~14:45 LesMiLLs BODY PUMP	▶ 14:00~14:45 LesMiLLs CORE	▶ 14:00~14:45 LesMiLLs DANCE	▶ 14:00~14:45 LesMiLLs DANCE
14:00				
14:30	▶ 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				
15:30	▶ 16:00~16:45 LesMiLLs DANCE	▶ 16:00~16:30 GRIT ATHLETIC	▶ 16:00~16:45 LesMiLLs CORE	▶ 16:00~16:45 LesMiLLs BODY COMBAT
16:00				
16:30	▶ 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 DANCE
17:00				
17:30	▶ 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				
18:30	▶ 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				
19:30	▶ 20:00~20:45 LesMiLLs CORE	▶ 20:00~20:45 LesMiLLs BODY BALANCE	▶ 20:00~20:45 LesMiLLs DANCE	▶ 20:00~20:45 LesMiLLs BODY COMBAT
20:00				
20:30				
21:00				

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。