

# マイボデイ山梨中央 スタジオスケジュール 2025年8月～

|       | 月                                                                                                  | 火                                         | 水                                         | 木                                         | 金                                         | 土                                         | 日                                         |
|-------|----------------------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|
| 6:00  |                                                                                                    |                                           |                                           |                                           |                                           | 6:00～7:00                                 | 6:00～7:00                                 |
| 6:30  |                                                                                                    |                                           |                                           |                                           |                                           | ▶ LesMiLLs<br>BODY BALANCE                | ▶ LesMiLLs<br>BODY ATTACK                 |
| 7:00  | <div>8月11日(月)は祝日のため、<br/>特別スケジュールとなります。</div> <div>8月13・14・15・16日はお盆休みのため<br/>特別スケジュールとなります。</div> |                                           |                                           |                                           |                                           |                                           |                                           |
| 7:30  |                                                                                                    |                                           |                                           |                                           |                                           | 7:15～8:15                                 | 7:15～8:15                                 |
| 8:00  |                                                                                                    |                                           |                                           |                                           |                                           | ▶ LesMiLLs<br>BODY PUMP                   | ▶ LesMiLLs<br>BODY COMBAT                 |
| 8:30  |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 9:00  |                                                                                                    |                                           |                                           |                                           |                                           | 8:30～9:30                                 | 8:30～9:30                                 |
| 9:30  |                                                                                                    |                                           |                                           |                                           |                                           | ▶ LesMiLLs<br>BODY ATTACK                 | ▶ LesMiLLs<br>BODY PUMP                   |
| 10:00 |                                                                                                    |                                           |                                           |                                           |                                           | 9:45～10:30                                | 9:45～10:45                                |
| 10:30 |                                                                                                    |                                           |                                           |                                           |                                           | ▶ LesMiLLs<br>BODY COMBAT                 | ▶ LesMiLLs<br>BODY BALANCE                |
| 11:00 | 10:30～11:15<br>リズム体操<br>奥野                                                                         | 10:45～11:30<br>ズンバ<br>奥野                  | 10:45～11:30<br>▶ LesMiLLs<br>DANCE        | 10:45～11:30<br>ズンバ<br>奥野                  | 11:00～12:00                               | 10:45～11:30<br>ヨガ<br>まさこ                  | 11:00～11:30<br>▶ LesMiLLs<br>DANCE        |
| 11:30 | 11:30～12:15<br>やさしいヨガ<br>まさこ                                                                       |                                           |                                           |                                           | ヨガ&ピラティス<br>まさこ                           |                                           |                                           |
| 12:00 |                                                                                                    | 11:45～12:30<br>ストレッチポール<br>奥野             | 11:45～12:30<br>▶ LesMiLLs<br>BODY COMBAT  | 11:45～12:30<br>ヨガ<br>奥野                   |                                           | 11:45～12:30<br>ズンバ<br>平井                  | 11:45～12:30<br>▶ LesMiLLs<br>BODY PUMP    |
| 12:30 |                                                                                                    |                                           |                                           |                                           | 12:15～12:45<br>▶ LesMiLLs DANCE           |                                           |                                           |
| 13:00 | 12:45～13:45<br>▶ LesMiLLs<br>BODY PUMP                                                             | 12:45～13:45<br>▶ LesMiLLs<br>BODY PUMP    | 12:45～13:45<br>▶ LesMiLLs<br>BODY BALANCE | 12:45～13:30<br>▶ LesMiLLs<br>DANCE        | 13:00～13:45<br>▶ LesMiLLs<br>BODY PUMP    | 12:45～13:30<br>▶ LesMiLLs<br>DANCE        | 12:45～13:30<br>ズンバ<br>マミーゴ                |
| 13:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 14:00 | 14:00～14:45<br>▶ LesMiLLs<br>DANCE                                                                 | 14:00～14:45<br>▶ LesMiLLs<br>DANCE        | 14:00～14:45<br>▶ LesMiLLs<br>BODY PUMP    | 14:00～14:45<br>▶ LesMiLLs<br>BODY COMBAT  | 14:00～14:45<br>▶ LesMiLLs<br>BODY BALANCE | 14:00～14:45<br>▶ LesMiLLs<br>BODY PUMP    | 14:00～14:45<br>▶ LesMiLLs<br>CORE         |
| 14:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 15:00 | 15:00～15:45<br>▶ LesMiLLs<br>BODY BALANCE                                                          | 15:00～15:30<br>▶ GRIT ATHLETIC            | 15:00～15:45<br>▶ LesMiLLs<br>CORE         | 15:00～15:45<br>▶ LesMiLLs<br>BODY ATTACK  | 15:00～15:45<br>▶ LesMiLLs<br>BODY COMBAT  | 15:00～15:45<br>▶ LesMiLLs<br>BODY BALANCE | 15:00～15:45<br>▶ LesMiLLs<br>BODY COMBAT  |
| 15:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 16:00 | 16:00～16:45<br>▶ LesMiLLs<br>CORE                                                                  | 16:00～16:45<br>▶ LesMiLLs<br>BODY COMBAT  | 16:00～16:45<br>▶ LesMiLLs<br>BODY BALANCE | 16:00～16:45<br>▶ LesMiLLs<br>BODY BALANCE | 16:00～16:45<br>▶ LesMiLLs<br>DANCE        | 16:00～16:45<br>▶ LesMiLLs<br>DANCE        | 16:00～16:30<br>▶ GRIT ATHLETIC            |
| 16:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 17:00 | 17:00～17:45<br>▶ LesMiLLs<br>BODY COMBAT                                                           | 17:00～17:45<br>▶ LesMiLLs<br>DANCE        | 17:00～17:45<br>▶ LesMiLLs<br>BODY PUMP    | 17:00～17:45<br>▶ LesMiLLs<br>CORE         | 17:00～17:45<br>▶ LesMiLLs<br>BODY ATTACK  | 17:00～17:45<br>▶ LesMiLLs<br>BODY COMBAT  | 17:00～17:45<br>▶ LesMiLLs<br>BODY BALANCE |
| 17:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 18:00 | 18:00～18:45<br>▶ LesMiLLs<br>BODY PUMP                                                             | 18:00～18:45<br>▶ LesMiLLs<br>BODY BALANCE | 18:00～18:45<br>▶ LesMiLLs<br>DANCE        | 18:00～18:45<br>▶ LesMiLLs<br>BODY COMBAT  | 18:00～18:45<br>▶ LesMiLLs<br>CORE         | 18:00～18:45<br>▶ LesMiLLs<br>BODY ATTACK  | 18:00～18:45<br>▶ LesMiLLs<br>DANCE        |
| 18:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 19:00 | 19:00～19:45<br>▶ LesMiLLs<br>BODY COMBAT                                                           | 19:00～19:45<br>▶ LesMiLLs<br>BODY ATTACK  | 19:00～19:45<br>ズンバ<br>奥野                  | 19:00～19:45<br>▶ LesMiLLs<br>BODY PUMP    | 19:00～19:45<br>▶ LesMiLLs<br>BODY BALANCE | 19:00～19:45<br>▶ LesMiLLs<br>BODY PUMP    | 19:00～19:45<br>▶ LesMiLLs<br>BODY COMBAT  |
| 19:30 |                                                                                                    |                                           |                                           |                                           |                                           |                                           |                                           |
| 20:00 | 20:00～20:45<br>▶ LesMiLLs<br>DANCE                                                                 | 20:00～20:45<br>▶ LesMiLLs<br>BODY COMBAT  | 20:00～20:45<br>ヨガ<br>奥野                   | 20:00～20:45<br>▶ LesMiLLs<br>BODY COMBAT  | 20:00～20:45<br>▶ LesMiLLs<br>BODY PUMP    | 20:00～20:45<br>▶ LesMiLLs<br>CORE         | 20:00～20:45<br>▶ LesMiLLs<br>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 8月祝日 特別スケジュール

|       | 8/11 (月)                                  | 8/13 (水)                                  | 8/14 (木)                                  | 8/15 (金)                                  | 8/16 (土)                                  |
|-------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|
| 6:00  |                                           |                                           |                                           |                                           | 6:00~7:00<br>▶ LesMiLLs<br>BODY BALANCE   |
| 6:30  |                                           |                                           |                                           |                                           |                                           |
| 7:00  |                                           |                                           |                                           |                                           | 7:15~8:15                                 |
| 7:30  |                                           |                                           |                                           |                                           | ▶ LesMiLLs<br>BODY PUMP                   |
| 8:00  |                                           |                                           |                                           |                                           |                                           |
| 8:30  |                                           |                                           |                                           |                                           | 8:30~9:30                                 |
| 9:00  |                                           |                                           |                                           |                                           | ▶ LesMiLLs<br>BODY ATTACK                 |
| 9:30  |                                           |                                           |                                           |                                           |                                           |
| 10:00 |                                           |                                           |                                           |                                           | ▶ 9:45~10:30<br>LesMiLLs<br>BODY COMBAT   |
| 10:30 |                                           |                                           |                                           |                                           |                                           |
| 11:00 | ▶ 10:45~11:30<br>LesMiLLs<br>DANCE        | ▶ 10:45~11:30<br>LesMiLLs<br>DANCE        | ▶ 10:45~11:30<br>LesMiLLs<br>DANCE        | ▶ 10:45~11:30<br>LesMiLLs<br>BODY BALANCE | ▶ 10:45~11:30<br>LesMiLLs<br>BODY BALANCE |
| 11:30 |                                           |                                           |                                           |                                           |                                           |
| 12:00 | ▶ 11:45~12:30<br>LesMiLLs<br>BODY BALANCE | ▶ 11:45~12:30<br>LesMiLLs<br>BODY COMBAT  | ▶ 11:45~12:30<br>LesMiLLs<br>CORE         | ▶ 11:45~12:30<br>LesMiLLs<br>DANCE        | ▶ 11:45~12:30<br>LesMiLLs<br>CORE         |
| 12:30 |                                           |                                           |                                           |                                           |                                           |
| 13:00 | ▶ 12:45~13:45<br>LesMiLLs<br>BODY PUMP    | ▶ 12:45~13:45<br>LesMiLLs<br>BODY BALANCE | ▶ 12:45~13:30<br>LesMiLLs<br>DANCE        | ▶ 13:00~13:45<br>LesMiLLs<br>BODY PUMP    | ▶ 12:45~13:30<br>LesMiLLs<br>DANCE        |
| 13:30 |                                           |                                           |                                           |                                           |                                           |
| 14:00 | ▶ 14:00~14:45<br>LesMiLLs<br>DANCE        | ▶ 14:00~14:45<br>LesMiLLs<br>BODY PUMP    | ▶ 14:00~14:45<br>LesMiLLs<br>BODY COMBAT  | ▶ 14:00~14:45<br>LesMiLLs<br>BODY BALANCE | ▶ 14:00~14:45<br>LesMiLLs<br>BODY PUMP    |
| 14:30 |                                           |                                           |                                           |                                           |                                           |
| 15:00 | ▶ 15:00~15:45<br>LesMiLLs<br>BODY BALANCE | ▶ 15:00~15:45<br>LesMiLLs                 | ▶ 15:00~15:45<br>LesMiLLs<br>BODY ATTACK  | ▶ 15:00~15:45<br>LesMiLLs<br>BODY COMBAT  | ▶ 15:00~15:45<br>LesMiLLs<br>BODY BALANCE |
| 15:30 |                                           |                                           |                                           |                                           |                                           |
| 16:00 | ▶ 16:00~16:45<br>LesMiLLs<br>CORE         | ▶ 16:00~16:45<br>LesMiLLs<br>BODY BALANCE | ▶ 16:00~16:45<br>LesMiLLs<br>BODY BALANCE | ▶ 16:00~16:45<br>LesMiLLs<br>DANCE        | ▶ 16:00~16:45<br>LesMiLLs<br>DANCE        |
| 16:30 |                                           |                                           |                                           |                                           |                                           |
| 17:00 | ▶ 17:00~17:45<br>LesMiLLs<br>BODY COMBAT  | ▶ 17:00~17:45<br>LesMiLLs<br>BODY PUMP    | ▶ 17:00~17:45<br>LesMiLLs<br>CORE         | ▶ 17:00~17:45<br>LesMiLLs<br>BODY ATTACK  | ▶ 17:00~17:45<br>LesMiLLs<br>BODY COMBAT  |
| 17:30 |                                           |                                           |                                           |                                           |                                           |
| 18:00 | ▶ 18:00~18:45<br>LesMiLLs<br>BODY PUMP    | ▶ 18:00~18:45<br>LesMiLLs<br>DANCE        | ▶ 18:00~18:45<br>LesMiLLs<br>BODY COMBAT  | ▶ 18:00~18:45<br>LesMiLLs<br>CORE         | ▶ 18:00~18:45<br>LesMiLLs<br>BODY ATTACK  |
| 18:30 |                                           |                                           |                                           |                                           |                                           |
| 19:00 | ▶ 19:00~19:45<br>LesMiLLs<br>BODY COMBAT  | ▶ 19:00~19:45<br>LesMiLLs<br>BODY PUMP    | ▶ 19:00~19:45<br>LesMiLLs<br>BODY PUMP    | ▶ 19:00~19:45<br>LesMiLLs<br>BODY BALANCE | ▶ 19:00~19:45<br>LesMiLLs<br>BODY PUMP    |
| 19:30 |                                           |                                           |                                           |                                           |                                           |
| 20:00 | ▶ 20:00~20:45<br>LesMiLLs<br>DANCE        | ▶ 20:00~20:45<br>LesMiLLs<br>BODY BALANCE | ▶ 20:00~20:45<br>LesMiLLs<br>BODY COMBAT  | ▶ 20:00~20:45<br>LesMiLLs<br>BODY PUMP    | ▶ 20:00~20:45<br>LesMiLLs<br>CORE         |
| 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。