

マイボデイ山梨中央 スタジオスケジュール 2025年12月～

	月	火	水	木	金	土	日	
6:00						6:00～7:00	6:00～7:00	6:00
6:30						▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK	6:30
7:00	12月28日(日)～1月3日(土)は 特別スケジュールとなります							7:00
7:30						7:15～8:15	7:15～8:15	7:30
8:00						▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	8:00
8:30						8:30～9:30	8:30～9:30	8:30
9:00						▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP	9:00
9:30								9:30
10:00						9:45～10:30	9:45～10:45	10:00
10:30						▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	10:30
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 ▶ DANCE	11:00
11:30					ヨガ&ピラティス まさこ			11:30
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	12:00
12:30					12:15～12:45 ▶ LesMiLLs DANCE			12:30
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	13:00
13:30								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	14:00
14:30								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	15:00
15:30								15:30
16:00	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	16:00～16:45 ▶ LesMiLLs DANCE	16:00～16:30 ▶ GRIT ATHLETIC	16:00
16:30								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	17:00
17:30								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	18:00
18:30								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	19:00
19:30								19:30
20:00	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	20:00～20:45 ▶ LesMiLLs CORE	20:00～20:45 ▶ LesMiLLs BODY BALANCE	20:00
20:30								20:30
21:00								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・2026年 年末年始 特別スケジュール

	12/28 (日)	12/29 (月)	12/30 (火)	12/31 (水)	1/1 (木)	1/2 (金)	1/3 (土)
6:00	6:00~7:00 ▶ LesMiLLs BODY ATTACK						6:00~7:00 ▶ LesMiLLs BODY BALANCE
6:30							
7:00	7:15~8:15						7:15~8:15
7:30	▶ LesMiLLs BODY COMBAT						▶ LesMiLLs BODY PUMP
8:00							
8:30	8:30~9:30						8:30~9:30
9:00	▶ LesMiLLs BODY PUMP						▶ LesMiLLs BODY ATTACK
9:30							
9:45	9:45~10:45						9:45~10:30
10:00	▶ LesMiLLs BODY BALANCE						▶ LesMiLLs BODY COMBAT
10:30							
11:00	▶ 11:00~11:30 DANCE	▶ 10:45~11:30 LesMiLLs BODY COMBAT	▶ 10:45~11:30 LesMiLLs DANCE	▶ 10:45~11:30 LesMiLLs DANCE	▶ 10:45~11:30 LesMiLLs DANCE	▶ 11:00~12:00 LesMiLLs BODY BALANCE	▶ 10:45~11:30 LesMiLLs BODY BALANCE
11:30	▶ 11:45~12:30 LesMiLLs BODY PUMP	▶ 11:45~12:30 LesMiLLs CORE	▶ 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 CORE
12:00						▶ 12:15~12:45 LesMiLLs DANCE	
12:30	▶ 12:45~13:30 LesMiLLs DANCE	▶ 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		▶ 12:45~13:30 LesMiLLs DANCE
13:00						▶ 13:00~13:45 LesMiLLs BODY PUMP	
13:30							
14:00	▶ 14:00~14:45 LesMiLLs CORE	▶ 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
14:30							
15:00	▶ 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	▶ 15:00~15:45 LesMiLLs BODY BALANCE
15:30							
16:00	▶ 16:00~16:30 GRIT ATHLETIC	▶ 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	▶ 16:00~16:45 LesMiLLs DANCE
16:30							
17:00	▶ 17:00~17:45 LesMiLLs BODY BALANCE	▶ 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
17:30							
18:00	▶ 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	▶ 18:00~18:45 LesMiLLs BODY ATTACK
18:30							
19:00	▶ 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 CORE	▶ 19:00~19:45 LesMiLLs BODY PUMP	▶ 19:00~19:45 LesMiLLs BODY BALANCE	▶ 19:00~19:45 LesMiLLs BODY PUMP
19:30							
20:00	▶ 20:00~20:45 LesMiLLs BODY BALANCE	▶ 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	▶ 20:00~20:45 LesMiLLs CORE
20:30							
21:00							

バーチャル

変更箇所

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