

マイボデイ山梨中央 スタジオスケジュール 2026年1月～

	月	火	水	木	金	土	日	
6:00						6:00～7:00 ▶ LesMiLLs BODY BALANCE	6:00～7:00 ▶ LesMiLLs BODY ATTACK	6:00
6:30								6:30
7:00	1月1(木)～1月3日(土)・1月12日(月)は 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	7:00
7:30								7:30
8:00						8:30～9:30 ▶ LesMiLLs BODY ATTACK	8:30～9:30 ▶ LesMiLLs BODY PUMP	8:00
8:30								8:30
9:00						9:45～10:30 ▶ LesMiLLs BODY COMBAT	9:45～10:45 ▶ LesMiLLs BODY BALANCE	9:00
9:30								9:30
10:00						10:45～11:30 ヨガ まさこ	11:00～11:30 ▶ DANCE	10:00
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			10:30
11:00						11:45～12:30 ズンバ 平井	11:45～12:30 ▶ LesMiLLs BODY PUMP	11:00
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			11:30
12:00						12:45～13:30 ▶ LesMiLLs DANCE	12:45～13:30 ズンバ マミーゴ	12:00
12:30								12:30
13:00	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs DANCE		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。

2026年 1月 特別スケジュール

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

バーチャル 変更箇所

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