

マイボデイ山梨中央 スタジオスケジュール 2026年4月～

	月	火	水	木	金	土	日				
6:00						6:00~7:00	6:00~7:00				
6:30						▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK				
7:00	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center; background-color: #0070C0; color: white;"> 4月29日(水)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	7:15~8:15
8:00										▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT
8:30						8:30~9:30	8:30~9:30				
9:00						▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP				
9:30											
10:00						9:45~10:30	9:45~10:45				
10:30						▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE				
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 ▶ 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					▶ 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 ▶ LesMiLLs 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	16:00~16:45 ▶ 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 ▶ LesMiLLs 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 ▶ LesMiLLs DANCE	20:00~20:45 ▶ LesMiLLs BODY COMBAT	20:00~20:45 ▶ LesMiLLs CORE	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。

2026年 4月祝日 特別スケジュール

4/29 (水)

6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	▶ 10:45~11:30 LesMiLLs DANCE
11:30	
12:00	▶ 11:45~12:30 LesMiLLs BODY COMBAT
12:30	
13:00	▶ 12:45~13:45 LesMiLLs BODY BALANCE
13:30	
14:00	▶ 14:00~14:45 LesMiLLs BODY PUMP
14:30	
15:00	▶ 15:00~15:45 LesMiLLs CORE
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17:30	
18:00	▶ 18:00~18:45 LesMiLLs DANCE
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19:00	▶ 19:00~19:45 LesMiLLs BODY PUMP
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バーチャル
 変更箇所

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