

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	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p>5月3日(日)・4日(月)・5日(火)・6日(水) 祝日のため、 特別スケジュールとなります</p> </div>										
7:30										7:15~8:15 ▶ LesMiLLs BODY PUMP	7:15~8:15 ▶ LesMiLLs BODY COMBAT
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											
10:30	10:30~11:15 リズム体操 奥野										
11:00	10:45~11:30 ズンバ 奥野	10:45~11:30 ▶ LesMiLLs DANCE	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	10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs DANCE				
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				
12:30					12:15~12:45 ▶ 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 ▶ 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 ▶ 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 BODY COMBAT	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 PUMP				
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。

GW 特別スケジュール

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