

マイボデイ山梨中央 スタジオスケジュール 2026年6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							
7:30						7:15~8:15 ▶ LesMiLLs BODY PUMP	7:15~8:15 ▶ LesMiLLs BODY COMBAT
8:00							
8:30						8:30~9:30 ▶ LesMiLLs BODY ATTACK	8:30~9:30 ▶ LesMiLLs BODY PUMP
9:00							
9:30						9:45~10:30 ▶ LesMiLLs BODY COMBAT	9:45~10:45 ▶ LesMiLLs BODY BALANCE
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	10:45~11:30 ヨガ まさこ	11:00~11:30 ▶ LesMiLLs DANCE
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	ヨガ&ピラティス まさこ	11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMiLLs BODY PUMP
12:00							
12:30					▶ LesMiLLs DANCE		
13:00	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs DANCE	▶ LesMiLLs ズンバ マミーゴ
13:30							
14:00	▶ LesMiLLs DANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE
14:30							
15:00	▶ LesMiLLs BODY BALANCE	▶ GRIT ATHLETIC	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT
15:30							
16:00	▶ LesMiLLs CORE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs DANCE	▶ GRIT ATHLETIC
16:30							
17:00	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE
17:30							
18:00	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs DANCE
18:30							
19:00	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs ズンバ 奥野	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT
19:30							
20:00	▶ LesMiLLs DANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs ヨガ 奥野	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ 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。