

マイボデイ山梨中央 スタジオスケジュール 2026年7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月20日(月)は祝日のため、 特別スケジュールとなります										
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											
10:00						9:45~10:30 ▶ LesMiLLs BODY COMBAT	9:45~10:45 ▶ LesMiLLs BODY BALANCE				
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	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					12:15~12:45 ▶ LesMiLLs DANCE						
13:00	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs DANCE	▶ LesMiLLs BODY PUMP				
13:30					13:00~13:45 ▶ LesMiLLs BODY PUMP		12:45~13:30 ズンバ マミーゴ				
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 BODY COMBAT	▶ 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。

2026年 7月祝日 特別スケジュール

7/20 (月)

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7月20日(月)は
特別スケジュールとなります

▶	10:45~11:30 LesMiLLs DANCE
▶	11:45~12:30 LesMiLLs CORE
▶	12:45~13:45 LesMiLLs BODY PUMP
▶	14:00~14:45 LesMiLLs DANCE
▶	15:00~15:45 LesMiLLs BODY BALANCE
▶	16:00~16:45 LesMiLLs CORE
▶	17:00~17:45 LesMiLLs BODY COMBAT
▶	18:00~18:45 LesMiLLs BODY PUMP
▶	19:00~19:45 LesMiLLs BODY COMBAT
▶	20:00~20:45 LesMiLLs DANCE

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。