

LES MILLS Virtual lesson Schedule

ご参加は
Bスタジオへ

| | Monday 月 | Tuesday 火 | Wednesday 水 | Friday 金 | Saturday 土 | Sunday 日 |
|-------|--|---|---|---|--|---|
| 0:00 | LES MILLS CORE 0:05-0:35 | LES MILLS BODYPUMP 0:00-0:30 | LES MILLS BODYBALANCE 0:05-0:35 | | LES MILLS BODYCOMBAT 0:00-0:45 | LES MILLS DANCE 0:05-0:35 |
| :30 | | | | | | |
| 1:00 | LES MILLS BODYPUMP 0:45-1:15 | LES MILLS BODYCOMBAT 0:40-1:10 | LES MILLS BODYPUMP 0:45-1:30 | | LES MILLS DANCE 0:55-1:25 | LES MILLS BODYBALANCE 0:45-1:30 |
| :30 | | | | | | |
| 2:00 | LES MILLS DANCE 1:25-2:10 | LES MILLS DANCE 1:20-2:05 | LES MILLS CORE 1:40-2:10 | | LES MILLS BODYBALANCE 1:35-2:20 | LES MILLS BODYPUMP 1:40-2:10 |
| :30 | | | | | | |
| 3:00 | LES MILLS BODYCOMBAT 2:20-3:05 | LES MILLS BODYBALANCE 2:15-3:00 | LES MILLS BODYCOMBAT 2:20-3:05 | | LES MILLS BODYPUMP 2:30-3:00 | LES MILLS CORE 2:20-2:50 |
| :30 | | | | | | |
| 4:00 | LES MILLS BODYBALANCE 3:15-4:00 | LES MILLS BODYPUMP 3:10-3:40 | LES MILLS DANCE 3:15-3:45 | | LES MILLS CORE 3:10-3:40 | LES MILLS BODYCOMBAT 3:00-3:30 |
| :30 | | | | | | |
| 5:00 | LES MILLS BODYPUMP 4:10-4:40 | LES MILLS CORE 3:50-4:20 | LES MILLS BODYBALANCE 3:55-4:25 | | LES MILLS BODYCOMBAT 3:50-4:20 | LES MILLS DANCE 3:40-4:10 |
| :30 | | | | | | |
| 6:00 | LES MILLS CORE 4:50-5:20 | LES MILLS BODYCOMBAT 4:30-5:00 | LES MILLS CORE 4:35-5:05 | | LES MILLS DANCE 4:30-5:00 | LES MILLS BODYBALANCE 4:20-4:50 |
| :30 | | | | | | |
| 7:00 | LES MILLS BODYCOMBAT 5:30-6:15 | LES MILLS DANCE 5:10-5:40 | LES MILLS BODYPUMP 5:15-5:45 | | LES MILLS BODYPUMP 5:10-5:40 | LES MILLS CORE 5:00-5:30 |
| :30 | | | | | | |
| 8:00 | LES MILLS BODYCOMBAT 5:50-6:20 | LES MILLS BODYPUMP 5:50-6:20 | LES MILLS BODYCOMBAT 5:55-6:25 | | LES MILLS CORE 5:50-6:20 | LES MILLS BODYPUMP 5:40-6:25 |
| :30 | | | | | | |
| 9:00 | LES MILLS BODYBALANCE 6:25-7:10 | LES MILLS CORE 6:30-7:00 | LES MILLS DANCE 6:35-7:05 | | LES MILLS BODYCOMBAT 6:30-7:00 | LES MILLS BODYCOMBAT 6:35-7:20 |
| :30 | | | | | | |
| 10:00 | LES MILLS DANCE 7:20-7:50 | LES MILLS BODYCOMBAT 7:10-7:55 | LES MILLS CORE 7:15-7:45 | | LES MILLS DANCE 7:10-7:55 | LES MILLS BODYBALANCE 7:30-8:00 |
| :30 | | | | | | |
| 11:00 | LES MILLS BODYCOMBAT 8:00-8:45 | WARM LES MILLS DANCE 8:05-8:50 | WARM LES MILLS BODYBALANCE 7:55-8:40 | | LES MILLS BODYBALANCE 8:05-8:50 | LES MILLS DANCE 8:10-8:55 |
| :30 | | | | | | |
| 12:00 | <p>詳細は毎月配布の プログラムスケジュールをご確認下さい</p> | | | | | |
| :30 | | | | | | |
| 22:00 | LES MILLS BODYPUMP 21:15-22:00 | LES MILLS BODYCOMBAT 21:15-22:00 | LES MILLS DANCE 21:15-22:00 | LES MILLS BODYBALANCE 21:00-21:45 | LES MILLS BODYPUMP 21:20-22:05 | LES MILLS DANCE 21:20-22:05 |
| :30 | | | | | | |
| 23:00 | LES MILLS BODYCOMBAT 22:10-23:10 | LES MILLS BODYCOMBAT 22:15-23:00 | | LES MILLS BODYPUMP 22:10-22:55 | LES MILLS CORE 22:15-23:00 | LES MILLS BODYCOMBAT 22:15-23:00 |
| :30 | | | | | | |
| 23:30 | LES MILLS CORE 23:20-23:50 | LES MILLS DANCE 23:10-23:55 | | LES MILLS CORE 23:05-23:50 | LES MILLS BODYCOMBAT 23:10-23:55 | LES MILLS BODYBALANCE 23:10-23:55 |