

8月レッスンスケジュール

バーチャルレッスン(無料): Lesmills HF24 Radical

有人レッスン(有料): **S** ¥660 **A** ¥550 **B** ¥440 **C** ¥330 **D** ¥220

11日(火)、14日(金)~16日(日)は特別スケジュールとなります。詳細は別紙をご確認ください。

特別スケジュール

8/11 ^{TUE}			8/14 ^{FRI}			8/15 ^{SAT}			8/16 ^{SUN}			
STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	
A	B	C	A	B	C	A	B	C	A	B	C	
0:00	AERO 0:00-0:30		AERO 0:00-0:30	BODY BALANCE 0:00-0:45		POWER 0:00-0:30			MEGADANZ 0:00-0:30	BODY ATTACK 0:00-0:45	BODY ATTACK	0:00
0:15		BODY PUMP 0:15-1:00										0:15
0:30												0:30
0:45	UBOUND 0:45-1:15		FIGHT DO 0:45-1:15		BODY PUMP 0:30-1:00	HYPERC 0:45-1:15			FIGHT DO 0:45-1:15		BODY PUMP 0:30-1:00	0:45
1:00		BODY COMBAT 1:00-1:30		BODY ATTACK 1:00-1:45	BODY COMBAT 1:15-1:45				BODY PUMP 1:00-1:30		BODY COMBAT 1:15-1:45	1:00
1:15												1:15
1:30	FIGHT DO 1:30-2:00	BODY PUMP 1:15-2:00		POWER 1:30-2:00		UBOUND 1:30-2:00	BODY COMBAT 1:15-2:00					1:30
1:45									HYPERC 1:30-2:00			1:45
2:00		BODY ATTACK 1:45-2:15							BODY BALANCE 1:45-2:30			2:00
2:15												2:15
2:30	MEGADANZ 2:15-2:45	BODY COMBAT 2:15-3:00	UBOUND 2:15-2:45	DANCE 2:00-2:45	BODY BALANCE 2:00-2:45	AERO 2:15-2:45	BODY PUMP 2:15-3:00		UBOUND 2:15-2:45	BODY PUMP 2:00-2:45	BODY BALANCE 2:00-2:45	2:30
2:45												2:45
3:00												3:00
3:15	POWER 3:00-3:30		MEGADANZ 3:00-3:30	BODY COMBAT 3:00-3:45	BODY PUMP 3:00-3:30	MEGADANZ 3:00-3:30			POWER 3:00-3:30	BODY BALANCE 3:00-3:45	BODY COMBAT 3:00-3:30	3:15
3:30		BODY ATTACK 3:15-4:00										3:30
3:45									BODY BALANCE 3:15-4:00	BODY COMBAT 3:30-4:00		3:45
4:00	MEGADANZ 3:45-4:15					HYPERC 3:45-4:15			MEGADANZ 3:45-4:15		BODY PUMP 3:45-4:15	4:00
4:15			HYPERC 3:45-4:15		BODY ATTACK 3:45-4:15	HYPERC 3:45-4:15						4:15
4:30				BODY BALANCE 4:00-4:45					CORE 4:15-4:45			4:30
4:45	UBOUND 4:30-5:00	DANCE 4:15-5:00	FIGHT DO 4:30-5:00		BODY PUMP 4:30-5:00	FIGHT DO 4:30-5:00	BODY ATTACK 4:15-5:00		AERO 4:30-5:00		BODY BALANCE 4:30-5:15	4:45
5:00												5:00
5:15												5:15
5:30	AERO 5:15-5:45	BODY COMBAT 5:15-6:00	BODY PUMP 5:15-5:45	AERO 5:15-5:45		UBOUND 5:15-5:45			FIGHT DO 5:15-5:45	DANCE 5:00-5:45		5:30
5:45											BODY COMBAT 5:30-6:00	5:45
6:00												6:00
6:15	FIGHT DO 6:00-6:30		BODY ATTACK 6:00-6:30	POWER 6:00-6:30	BODY COMBAT 6:00-6:30	AERO 6:00-6:30			AERO 6:00-6:30	BODY PUMP 6:00-6:45	BODY BALANCE 6:15-7:00	6:15
6:30		BODY BALANCE 6:15-7:00										6:30
6:45												6:45
7:00	MEGADANZ 6:45-7:15		CORE 6:45-7:15	MEGADANZ 6:45-7:15	DANCE 6:45-7:15	FIGHT DO 6:45-7:15			UBOUND 6:45-7:15			7:00
7:15												7:15
7:30		BODY PUMP 7:15-8:00	BODY COMBAT 7:30-8:00	AERO 7:30-8:00		OXIGENO 7:30-8:00			BODY PUMP 7:15-7:45	BODY COMBAT 7:15-7:45	BODY COMBAT 7:15-7:45	7:30
7:45	AERO 7:30-8:00											7:45
8:00												8:00
8:15												8:15
8:30	HYPERC 8:15-9:45	CORE 8:15-9:00	BODY BALANCE 8:15-9:00	FIGHT DO 8:15-8:45		AERO 8:15-8:45	BODY COMBAT 8:00-8:45	BODY BALANCE 8:00-8:45	FIGHT DO 8:15-8:45	DANCE 8:00-8:45	BODY PUMP 8:00-8:30	8:30
8:45												8:45
9:00												9:00
9:15	OXIGENO 9:00-9:30		BODYCOMBAT 9:15-9:45	UBOUND 9:00-9:30	BODY COMBAT 8:45-9:30	UBOUND 9:00-9:30			BODY PUMP 9:00-9:30	MEGADANZ 9:00-9:30		9:15
9:30		BODY ATTACK 9:15-10:00									BODY BALANCE 8:45-9:30	9:30
9:45												9:45
10:00	MEGADANZ 9:45-10:15		BODY PUMP 10:00-10:30	OXIGENO 9:45-10:15	DANCE 9:45-10:30	FIGHT DO 9:45-10:15			BODY ATTACK 9:45-10:15	AERO 9:45-10:15	BODY PUMP 9:45-10:15	10:00
10:15												10:15
10:30		体幹 トレーニング 10:20-11:00										10:30
10:45	AERO 10:30-11:00			AERO 10:30-11:00		MEGADANZ 10:30-11:00	BODY ATTACK 10:15-11:00	BODY COMBAT 10:30-11:00	UBOUND 10:30-11:00	CORE 10:15-11:00	BODY ATTACK 10:30-11:00	10:45
11:00												11:00
11:15												11:15
11:30	POWER 11:15-11:45	ヒップアップ エクササイズ 11:15-11:50		UBOUND 11:15-11:45		BODY BALANCE 11:00-11:45	UBOUND 11:15-11:45		CORE 11:15-11:45	MEGADANZ 11:15-11:45	BODY COMBAT 11:15-11:45	11:30
11:45												11:45
12:00												12:00
12:15	UBOUND 12:00-12:30	背骨 ストレッチ 12:05-12:35	BODY COMBAT 11:45-12:15	AERO 12:00-12:30	BODY COMBAT 11:45-12:30	CORE 12:00-12:30	OXIGENO 12:00-12:30		BODY PUMP 12:00-12:30	FIGHTDO 12:00-12:30	BODY PUMP 12:00-12:30	12:15
12:30												12:30
12:45			DANCE 12:30-13:00						CORE 12:15-13:00		BODY BALANCE 12:15-13:00	12:45
13:00	HYPERC 12:45-13:15	美姿勢ヨガ 12:50-13:35		UBOUND 12:45-13:30	CORE 12:45-13:30	BODY PUMP 12:45-13:15	MEGADANZ 12:45-13:15		BODY COMBAT 12:45-13:15	POWER 12:45-13:30	DANCE 12:45-13:15	13:00
13:15												13:15
13:30												13:30
13:45						DANCE 13:30-14:00	AERO 13:30-14:00	BODY ATTACK 13:15-14:00			BODY COMBAT 13:30-14:00	13:45
14:00												14:00
14:15		初中級 エアロ 13:50-14:35	BODY COMBAT 14:00-14:30	AERO 13:45-14:15	BODY ATTACK 13:45-14:30							14:15
14:30												14:30
14:45	A BODY PUMP Heero 14:00-15:00		MEGADANZ 14:30-15:00		BODY BALANCE 14:15-15:00	FIGHTDO 14:15-14:45	BODY PUMP 14:15-15:00				CORE 14:15-14:45	14:45
15:00		美尻 エクササイズ 14:50-15:20	BODY BALANCE 14:45-15:30		CORE 14:45-15:30				CORE 14:45-15:15	MEGADANZ 14:30-15:15		15:00
15:15												15:15
15:30											BODY BALANCE 15:00-16:00	15:30
15:45	A BODY ATTACK Heero 15:15-16:15	初級 ステップ 15:35-16:10	BODY PUMP 15:45-16:15	UBOUND 15:15-15:45	BODY ATTACK 15:45-16:30	DANCE 15:15-15:45	UBOUND 15:30-16:00	DANCE 15:15-16:00	BODY BALANCE 15:30-16:15	POWER 15:30-16:00	BODY ATTACK 15:15-16:00	15:45
16:00												16:00
16:15												16:15
16:30												16:30
16:45	A BODY COMBAT Heero 16:30-17:30	カラダほくし ストレッチ 16:25-17:00	BODY COMBAT 16:30-17:00	FIGHT DO 16:45-17:15	CORE 16:45-17:15	BODY PUMP 16:45-17:15		BODY PUMP 16:15-17:15	BODY COMBAT 16:30-17:00		BODY PUMP 16:15-17:15	16:45
17:00												17:00
17:15												17:15
17:30												17:30
17:45												17:45
18:00												18:00
18:15												18:15
18:30	UBOUND 18:15-18:45		BODY BALANCE 18:00-19:00	UBOUND 18:15-18:45		UBOUND 18:00-18:30			BODY ATTACK 18:00-18:30		BODY BALANCE 18:15-19:00	18:30
18:45												18:45
19:00												19:00
19:15	AERO 19:00-19:30		MEGADANZ 19:00-19:30									19:15
19:30		BODY PUMP 19:15-20:00										19:30
19:45		BODY COMBAT 19:15-20:15										19:45
20:00	OXIGENO 19:45-20:15		POWER 19:45-20:15	BODY BALANCE 19:30-20:15	BODY COMBAT 19:30-20:30	FIGHT DO 19:30-20:00	CORE 19:30-20:00		BODY BALANCE 19:30-20:15			20:00
20:15												20:15
20:30		BODY ATTACK 20:15-20:45									BODY COMBAT 20:00-20:30	20:30
20:45	UBOUND 20:30-21:00		CORE 20:30-21:00									20:45
21:00												21:00
21:15		BODY PUMP 21:00-21:45										21:15
21:30												21:30
21:45	AERO 21:30-22:00		BODY BALANCE 21:15-22:00	UBOUND 21:15-21:45	BODY PUMP 21:15-22:00	BODY COMBAT 21:30-22:00			BODY ATTACK 21:30-22:00		DANCE 21:30-22:00	21:45
22:00												22:00
22:15												22:15
22:30	POWER 22:15-22:45	BODY COMBAT 22:00-22:45	CORE 22:15-22:45	OXIGENO 22:00-22:30	BODY BALANCE 22:15-23:00	BODY ATTACK 22:15-23:00	POWER 22:30-23:00	DANCE 22:15-23:00	CORE 22:15-22:45	MEGADANZ 22:30-23:00	BODY ATTACK 22:15-23:00	22:30
22:45												22:45
23:00												23:00
23:15	MEGADANZ 23:00-23:30		DANCE 23:00-23:30						BODY COMBAT 23:00-23:30			23:15
23:30		BODY BALANCE 23:00-23:45				CORE 23:15-23:45	MEGADANZ 23:15-23:45	BODY PUMP 23:15-23:45		OXIGENO 23:15-23:45	BODY COMBAT 23:15-24:00	23:30
23:45												23:45
24:00			BODYPUMP						BODY ATTACK			24:00

バーチャルレッスン(無料) :  Lesmills  HF24  Radical

有人レッスン(有料) : **SP** ¥1100 **S** ¥660 **A** ¥550 **B** ¥440 **C** ¥330