

STUDIO TIME SCHEDULE 5月

	月曜日 MON	火曜日 TUE	水曜日 WED	木曜日 THU	金曜日 FRI	土曜日 SAT
10:30	10:30-11:15 LES MILLS BODYBALANCE 45min 竹内	10:30-11:15 LES MILLS BODYATTACK 45min VIRTUAL	10:30-11:20 暗闇 BOXING 50min 神澤		10:30-11:00 LES MILLS DANCE 30min VIRTUAL	10:30-11:15 ヨガティス 45min 馬場
11:30	11:35-12:20 LES MILLS BODYCOMBAT 45min 竹内	11:35-12:05 UBOUND RADICAL FITNESS 30min 竹内	11:40-12:10 STRONG NATION 30min 神澤		11:15-12:00 LES MILLS BODYBALANCE 45min 竹内	11:35-12:05 LES MILLS RPM 30min 馬場
12:30	12:40-13:10 LES MILLS RPM 30min 馬場	12:25-13:10 LES MILLS BODYCOMBAT 45min 竹内	12:30-13:15 YOGA 45min 野田		12:20-12:50 LES MILLS BODYCOMBAT 30min 竹内	12:25-13:10 LES MILLS BODYATTACK 45min VIRTUAL
13:30	13:30-14:00 UBOUND RADICAL FITNESS 30min 近藤	13:30-14:00 BOXING 30min 足田	13:35-14:05 LES MILLS BODYPUMP 30min 金子		13:10-13:55 LES MILLS BODYPUMP 45min 清水	13:30-14:20 BOXING 50min 足田
14:30	14:20-15:05 LES MILLS BODYPUMP 45min VIRTUAL	14:20-15:05 YOGA 45min 野田	14:25-15:25 LES MILLS BODYCOMBAT 60min VIRTUAL		14:15-15:00 ピラティス 45min 清水	14:40-15:25 LES MILLS THE TRIP 45min 金子
15:30	15:15-15:45 LES MILLS DANCE 30min VIRTUAL	15:25-16:10 LES MILLS BODYCOMBAT 45min VIRTUAL	15:35-16:20 LES MILLS BODYATTACK 45min VIRTUAL		15:15-15:45 LES MILLS DANCE 30min VIRTUAL	
16:30	16:00-16:45 LES MILLS THE TRIP 45min 金子	16:20-16:50 LES MILLS BODYPUMP 30min VIRTUAL	16:30-17:15 LES MILLS DANCE 45min VIRTUAL		16:00-16:50 暗闇 BOXING 50min 足田	15:45-16:30 LES MILLS BODYPUMP 45min 金子
17:30	17:05-17:35 LES MILLS BODYATTACK 30min VIRTUAL	17:05-17:50 LES MILLS DANCE 45min VIRTUAL	17:25-17:55 LES MILLS BODYPUMP 30min VIRTUAL		17:05-17:35 LES MILLS BODYCOMBAT 30min VIRTUAL	16:50-17:20 暗闇 BASIC BOXING 30min 足田
18:30	17:45-18:30 LES MILLS BODYBALANCE 45min VIRTUAL	18:10-18:40 UBOUND RADICAL FITNESS 30min 近藤	18:20-19:10 暗闇 BOXING 50min 足田		17:45-18:30 LES MILLS BODYATTACK 45min VIRTUAL	17:40-18:40 LES MILLS BODYBALANCE 60min VIRTUAL
19:30	18:45-19:30 LES MILLS BODYPUMP 45min 金子	19:00-19:50 BOXING 50min 足田	19:35-20:05 BOXING 30min 足田		18:45-19:30 LES MILLS THE TRIP 45min 馬場	18:50-19:35 LES MILLS DANCE 45min VIRTUAL
20:30	19:50-20:40 暗闇 BOXING 50min 神澤	20:10-20:40 STRONG NATION 30min 神澤			19:50-20:35 LES MILLS BODYPUMP 45min 金子	19:50-20:20 UBOUND RADICAL FITNESS 30min 竹内
21:30	21:00-21:30 STRONG NATION 30min 神澤	21:00-21:30 暗闇 BOXING 30min 神澤	20:25-21:25 LES MILLS BODYBALANCE 60min VIRTUAL		20:55-21:25 LES MILLS RPM 30min 金子	20:40-21:25 LES MILLS BODYCOMBAT 45min 竹内

CLOSURE

IXGYM STUDIO BATTLE 木曳野

STUDIO TIME SCHEDULE 6月

	月曜日 MON	火曜日 TUE	水曜日 WED	木曜日 THU	金曜日 FRI	土曜日 SAT
10:30	10:30-11:15 LES MILLS BODYBALANCE 45min 竹内	10:30-11:15 LES MILLS CORE 45min VIRTUAL	10:30-11:20 暗闘 BOXING 50min 神澤		10:30-11:00 LES MILLS DANCE 30min VIRTUAL	10:30-11:15 ヨガティス 45min 馬場
11:30	11:35-12:20 LES MILLS BODYCOMBAT 45min 竹内	11:35-12:05 UBOUND RADICAL FITNESS 30min 竹内	11:40-12:10 STRONG NATION 30min 神澤		11:15-12:00 LES MILLS BODYBALANCE 45min 竹内	11:35-12:05 LES MILLS RPM 30min 馬場
12:30	12:40-13:10 LES MILLS CORE 30min VIRTUAL	12:25-13:10 LES MILLS BODYCOMBAT 45min 竹内	12:30-13:15 YOGA 45min 野田		12:20-12:50 LES MILLS BODYCOMBAT 30min 竹内	12:25-13:10 LES MILLS CORE 45min VIRTUAL
13:30	13:30-14:00 UBOUND RADICAL FITNESS 30min 近藤	13:30-14:00 BOXING 30min 足田	13:35-14:05 LES MILLS BODYPUMP 30min 金子		13:10-13:55 LES MILLS BODYPUMP 45min 清水	13:30-14:20 BOXING 50min 足田
14:30	14:20-15:05 LES MILLS BODYPUMP 45min VIRTUAL	14:20-15:05 YOGA 45min 野田	14:25-15:10 LES MILLS DANCE 45min VIRTUAL		14:15-15:00 ピラティス 45min 清水	14:40-15:25 LES MILLS THE TRIP 45min 金子
15:30	15:15-15:45 LES MILLS BODYCOMBAT 30min VIRTUAL	15:25-15:55 LES MILLS BODYATTACK 30min VIRTUAL	15:20-16:20 LES MILLS BODYBALANCE 60min VIRTUAL		15:15-15:45 LES MILLS CORE 30min VIRTUAL	15:45-16:30 LES MILLS BODYPUMP 45min 金子
16:30	16:00-16:45 LES MILLS THE TRIP 45min 金子	16:05-16:50 LES MILLS BODYPUMP 45min VIRTUAL	16:30-17:15 LES MILLS BODYCOMBAT 45min VIRTUAL		16:00-16:50 暗闘 BOXING 50min 足田	16:50-17:20 暗闘BASIC BOXING 30min 足田
17:30	17:05-17:35 LES MILLS DANCE 30min VIRTUAL	17:05-17:50 LES MILLS DANCE 45min VIRTUAL	17:25-18:10 LES MILLS CORE 45min VIRTUAL		17:05-17:35 LES MILLS BODYATTACK 30min VIRTUAL	17:40-18:40 LES MILLS BODYBALANCE 60min VIRTUAL
18:30	17:45-18:30 LES MILLS BODYATTACK 45min VIRTUAL	18:10-18:40 UBOUND RADICAL FITNESS 30min 近藤	18:35-19:25 暗闘 BOXING 50min 足田		17:45-18:30 LES MILLS BODYBALANCE 45min VIRTUAL	18:50-19:35 LES MILLS DANCE 45min VIRTUAL
19:30	18:45-19:30 LES MILLS BODYPUMP 45min 金子	19:00-19:50 BOXING 50min 足田	19:50-20:20 BOXING 30min 足田		18:45-19:30 LES MILLS THE TRIP 45min 馬場	19:55-20:25 UBOUND RADICAL FITNESS 30min 竹内
20:30	19:50-20:40 暗闘 BOXING 50min 神澤	20:10-20:40 STRONG NATION 30min 神澤	20:40-21:25 LES MILLS DANCE 45min VIRTUAL		19:50-20:35 LES MILLS BODYPUMP 45min 金子	20:45-21:30 LES MILLS BODYCOMBAT 45min 竹内
21:30	21:00-21:30 STRONG NATION 30min 神澤	21:00-21:30 暗闘 BOXING 30min 神澤			20:55-21:25 LES MILLS RPM 30min 金子	

C
L
O
S
E

