

# 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 <b>LES MILLS BODYBALANCE</b> 45min 竹内	10:30-11:15 <b>LES MILLS CORE</b> 45min VIRTUAL	10:30-11:20 <b>暗闘 BOXING</b> 50min 神澤		10:30-11:00 <b>LES MILLS DANCE</b> 30min VIRTUAL	10:30-11:15 <b>ヨガティス</b> 45min 馬場
11:30	11:35-12:20 <b>LES MILLS BODYCOMBAT</b> 45min 竹内	11:35-12:05 <b>UBOUND RADICAL FITNESS</b> 30min 竹内	11:40-12:10 <b>STRONG NATION</b> 30min 神澤		11:15-12:00 <b>LES MILLS BODYBALANCE</b> 45min 竹内	11:35-12:05 <b>LES MILLS RPM</b> 30min 馬場
12:30	12:40-13:10 <b>LES MILLS CORE</b> 30min VIRTUAL	12:25-13:10 <b>LES MILLS BODYCOMBAT</b> 45min 竹内	12:30-13:15 <b>YOGA</b> 45min 野田		12:20-12:50 <b>LES MILLS BODYCOMBAT</b> 30min 竹内	12:25-13:10 <b>LES MILLS CORE</b> 45min VIRTUAL
13:30	13:30-14:00 <b>UBOUND RADICAL FITNESS</b> 30min 近藤	13:30-14:00 <b>BOXING</b> 30min 足田	13:35-14:05 <b>LES MILLS BODYPUMP</b> 30min 金子		13:10-13:55 <b>LES MILLS BODYPUMP</b> 45min 清水	13:30-14:20 <b>BOXING</b> 50min 足田
14:30	14:20-15:05 <b>LES MILLS BODYPUMP</b> 45min VIRTUAL	14:20-15:05 <b>YOGA</b> 45min 野田	14:25-15:10 <b>LES MILLS DANCE</b> 45min VIRTUAL	C L O S E	14:15-15:00 <b>ピラティス</b> 45min 清水	14:40-15:25 <b>LES MILLS THE TRIP</b> 45min 金子
15:30	15:15-15:45 <b>LES MILLS BODYCOMBAT</b> 30min VIRTUAL	15:25-15:55 <b>LES MILLS BODYATTACK</b> 30min VIRTUAL	15:20-16:20 <b>LES MILLS BODYBALANCE</b> 60min VIRTUAL		15:15-15:45 <b>LES MILLS CORE</b> 30min VIRTUAL	15:45-16:30 <b>LES MILLS BODYPUMP</b> 45min 金子
16:30	16:00-16:45 <b>LES MILLS THE TRIP</b> 45min 金子	16:05-16:50 <b>LES MILLS BODYPUMP</b> 45min VIRTUAL	16:30-17:15 <b>LES MILLS BODYCOMBAT</b> 45min VIRTUAL		16:00-16:50 <b>暗闘 BOXING</b> 50min 足田	16:50-17:20 <b>暗闘 BASIC BOXING</b> 30min 足田
17:30	17:05-17:35 <b>LES MILLS DANCE</b> 30min VIRTUAL	17:05-17:50 <b>LES MILLS DANCE</b> 45min VIRTUAL	17:25-18:10 <b>LES MILLS CORE</b> 45min VIRTUAL		17:05-17:35 <b>LES MILLS BODYATTACK</b> 30min VIRTUAL	17:40-18:40 <b>LES MILLS BODYBALANCE</b> 60min VIRTUAL
18:30	17:45-18:30 <b>LES MILLS BODYATTACK</b> 45min VIRTUAL	18:10-18:40 <b>UBOUND RADICAL FITNESS</b> 30min 近藤	18:35-19:25 <b>暗闘 BOXING</b> 50min 足田		17:45-18:30 <b>LES MILLS BODYBALANCE</b> 45min VIRTUAL	18:50-19:35 <b>LES MILLS DANCE</b> 45min VIRTUAL
19:30	18:45-19:30 <b>LES MILLS BODYPUMP</b> 45min 金子	19:00-19:50 <b>BOXING</b> 50min 足田	19:50-20:20 <b>BOXING</b> 30min 足田		18:45-19:30 <b>LES MILLS THE TRIP</b> 45min 馬場	19:55-20:25 <b>UBOUND RADICAL FITNESS</b> 30min 竹内
20:30	19:50-20:40 <b>暗闘 BOXING</b> 50min 神澤	20:10-20:40 <b>STRONG NATION</b> 30min 神澤	20:40-21:25 <b>LES MILLS DANCE</b> 45min VIRTUAL		19:50-20:35 <b>LES MILLS BODYPUMP</b> 45min 金子	20:45-21:30 <b>LES MILLS BODYCOMBAT</b> 45min 竹内
21:30	21:00-21:30 <b>STRONG NATION</b> 30min 神澤	21:00-21:30 <b>暗闘 BOXING</b> 30min 神澤			20:55-21:25 <b>LES MILLS RPM</b> 30min 金子	

