

マイボデイ山梨中央 スタジオスケジュール 2024年4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 | | | | | | | |
| 7:30 | | | | | | 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 ズンバ 奥野 | 11:00~12:00 なごみヨガ まさこ | 10:45~11:30 ヨガ まさこ | 11:00~11:30 ▶ LesMiLLs barre |
| 11:30 | | | 11:00~11:30 ▶ LesMiLLs barre | | | | |
| 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 | 12:15~12:45 ▶ LesMiLLs barre | 11:45~12:30 ズンバ 平井 | 11:45~12:30 ▶ LesMiLLs SHBAM |
| 12:30 | | | | | | | |
| 13:00 | 12:45~13:45 ▶ LesMiLLs BODY PUMP | 12:45~13:30 ▶ LesMiLLs BODY BALANCE | 12:45~13:45 ▶ LesMiLLs BODY BALANCE | 12:45~13:15 ▶ LesMiLLs barre | 13:00~13:45 ▶ LesMiLLs BODY PUMP | 12:45~13:30 ▶ LesMiLLs SHBAM | 12:45~13:30 ズンバ マミーゴ |
| 13:30 | | | | | | | |
| 14:00 | 14:00~14:45 ▶ LesMiLLs SHBAM | 14:00~14:30 ▶ LesMiLLs barre | 14:00~14:45 ▶ LesMiLLs BODY PUMP | 14:00~14:45 ▶ LesMiLLs BODY COMBAT | 14:00~14:45 ▶ LesMiLLs BODY BALANCE | 14:00~14:45 ▶ LesMiLLs BODY PUMP | 14:00~14:45 ▶ LesMiLLs CORE |
| 14:30 | | | | | | | |
| 15:00 | 15:00~15:45 ▶ LesMiLLs BODY BALANCE | 15:00~15:30 ▶ GRIT ATHLETIC | 15:00~15:45 ▶ LesMiLLs CORE | 15:00~15:45 ▶ LesMiLLs BODY ATTACK | 15:00~15:45 ▶ LesMiLLs BODY COMBAT | 15:00~15:45 ▶ LesMiLLs BODY BALANCE | 15:00~15:45 ▶ LesMiLLs BODY COMBAT |
| 15:30 | | | | | | | |
| 16:00 | 16:00~16:45 ▶ LesMiLLs CORE | 16:00~16:45 ▶ LesMiLLs BODY COMBAT | 16:00~16:30 ▶ LesMiLLs barre | 16:00~16:45 ▶ LesMiLLs SHBAM | 16:00~16:30 ▶ LesMiLLs barre | 16:00~16:45 ▶ LesMiLLs SHBAM | 16:00~16:30 ▶ GRIT ATHLETIC |
| 16:30 | | | | | | | |
| 17:00 | 17:00~17:45 ▶ LesMiLLs BODY COMBAT | 17:00~17:45 ▶ LesMiLLs SHBAM | 17:00~17:45 ▶ LesMiLLs BODY PUMP | 17:00~17:45 ▶ LesMiLLs CORE | 17:00~17:45 ▶ LesMiLLs BODY ATTACK | 17:00~17:45 ▶ LesMiLLs BODY COMBAT | 17:00~17:45 ▶ LesMiLLs BODY BALANCE |
| 17:30 | | | | | | | |
| 18:00 | 18:00~18:45 ▶ LesMiLLs BODY PUMP | 18:00~18:45 ▶ LesMiLLs BODY BALANCE | 18:00~18:45 ▶ LesMiLLs SHBAM | 18:00~18:45 ▶ LesMiLLs BODY COMBAT | 18:00~18:45 ▶ LesMiLLs CORE | 18:00~18:45 ▶ LesMiLLs BODY ATTACK | 18:00~18:45 ▶ LesMiLLs SHBAM |
| 18:30 | | | | | | | |
| 19:00 | 19:00~19:45 ▶ LesMiLLs BODY COMBAT | 19:00~19:45 ▶ LesMiLLs BODY ATTACK | 19:00~19:45 ズンバ 奥野 | 19:00~19:45 ▶ LesMiLLs BODY PUMP | 19:00~19:45 ▶ LesMiLLs BODY BALANCE | 19:00~19:45 ▶ LesMiLLs BODY PUMP | 19:00~19:45 ▶ LesMiLLs BODY COMBAT |
| 19:30 | | | | | | | |
| 20:00 | 20:00~20:45 ズンバ KIRA | 20:00~20:45 ▶ LesMiLLs BODY PUMP | 20:00~20:45 ヨガ 奥野 | 20:00~20:45 ▶ LesMiLLs BODY BALANCE | 20:00~20:45 ▶ LesMiLLs BODY COMBAT | 20:00~20:45 ▶ LesMiLLs CORE | 20:00~20:45 ▶ LesMiLLs BODY ATTACK |
| 20:30 | | | | | | | |
| 21:00 | | | | | | | |

**GW中（4/29,5/3～6）は
特別スケジュールとなります！**

▶ アクティブ系
 ▶ 機能改善系
 ▶ バーチャル

道具を用いるレッスンには定員がございます。

