

マイボデイ山梨中央 スタジオスケジュール 2024年5月～

	月	火	水	木	金	土	日	
6:00						6:00~7:00	6:00~7:00	6:00
6:30						▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK	6:30
7:00								7:00
7:30						7:15~8:15	7:15~8:15	7:30
8:00						▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	8:00
8:30								8:30
9:00						8:30~9:30	8:30~9:30	9:00
9:30						▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP	9:30
10:00								10:00
10:30						9:45~10:30	9:45~10:45	10:30
11:00	10:30~11:15 リズム体操 奥野	10:45~11:30 ズンバ 奥野	11:00~11:30 ▶ LesMiLLs DANCE	10:45~11:30 ズンバ 奥野	11:00~12:00	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	11:00
11:30					なごみヨガ まさこ		▶ LesMiLLs barre	11:30
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 DANCE	11:45~12:30 ズンバ 平井	11:45~12:30 ▶ LesMiLLs SHBAM	12:00
12:30								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	12:45~13:30 ▶ LesMiLLs DANCE	13:00~13:45 ▶ LesMiLLs BODY PUMP	12:45~13:30 ▶ LesMiLLs DANCE	12:45~13:30 ズンバ マミーゴ	13:00
13:30								13:30
14:00	14:00~14:45 ▶ LesMiLLs DANCE	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	14:00
14:30								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	15:00
15:30								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	16:00
16:30								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	17:00
17:30								17:30
18:00	18:00~18:45 ▶ LesMiLLs BODY PUMP	18:00~18:45 ▶ LesMiLLs BODY BALANCE	18:00~18:45 ▶ LesMiLLs DANCE	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 DANCE	18:00
18:30								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	19:00
19:30								19:30
20:00	20:00~20:45 ▶ LesMiLLs SHBAM	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	20:00
20:30								20:30
21:00								21:00

ズンバは
6/3までお休みとなります

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。

2024年 GW特別スケジュール【修正版】

		4/29(月)	5/3(金)	5/4(土)	5/5(日)	5/6(月)		
6:00				6:00~7:00	6:00~7:00		6:00	
6:30				▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY ATTACK		6:30	
7:00							7:00	
7:30	4/30(火)~5/2(木)は 平日のため、 通常スケジュールと なります。			7:15~8:15	7:15~8:15		7:30	
8:00				▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT		8:00	
8:30							8:30	
9:00				▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY PUMP		9:00	
9:30							9:30	
10:00				9:45~10:30	9:45~10:45		10:00	
10:30				▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE		10:30	
11:00				10:45~11:30	11:00~11:30	10:45~11:30	11:00	
11:30		▶ LesMiLLs SHBAM	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs barre	▶ LesMiLLs SHBAM	11:30	
12:00		▶ LesMiLLs BODY BALANCE		11:45~12:30	11:45~12:30	11:45~12:30	12:00	
12:30			▶ LesMiLLs DANCE	▶ LesMiLLs SHBAM	▶ LesMiLLs SHBAM	▶ LesMiLLs BODY BALANCE	12:30	
13:00		▶ LesMiLLs BODY PUMP		12:45~13:30	12:45~13:30	12:45~13:45	13:00	
13:30			▶ LesMiLLs BODY PUMP	▶ LesMiLLs DANCE NEW	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY PUMP	13:30	
14:00		▶ LesMiLLs SHBAM	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ LesMiLLs DANCE NEW	14:00	
14:30							14:30	
15:00		▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	15:00	
15:30							15:30	
16:00		▶ LesMiLLs CORE	▶ LesMiLLs barre	▶ LesMiLLs SHBAM	▶ LesMiLLs GRIT ATHLETIC	▶ LesMiLLs CORE	16:00	
16:30							16:30	
17:00		▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY COMBAT	17:00	
17:30							17:30	
18:00		▶ LesMiLLs BODY PUMP	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs DANCE NEW	▶ LesMiLLs BODY PUMP	18:00	
18:30							18:30	
19:00		▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY BALANCE	▶ LesMiLLs BODY PUMP	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs BODY COMBAT	19:00	
19:30							19:30	
20:00		▶ LesMiLLs SHBAM	▶ LesMiLLs BODY COMBAT	▶ LesMiLLs CORE	▶ LesMiLLs BODY ATTACK	▶ LesMiLLs SHBAM	20:00	
20:30							20:30	
21:00							21:00	