

2026/2/ 1 ~ time table

MON				TUE				WED				THU				SAT				SUN				
9階STUDIO1	8階STUDIO2	MULTI 1	BIKE	9階STUDIO1	8階STUDIO2	MULTI 1	BIKE	9階STUDIO1	8階STUDIO2	MULTI 1	BIKE	9階STUDIO1	8階STUDIO2	MULTI 1	BIKE	9階STUDIO1	8階STUDIO2	MULTI 1	BIKE	9階STUDIO1	8階STUDIO2	MULTI 1	BIKE	
12:00 11:45-12:30 DAIGO				12:00-13:00 YUSSY				12:00-12:45 SAAYA				11:50-12:50 MIHO				11:15-12:15 CHIHIRO				12:25-12:25 ATSUSHI				
30 LESMILLS BODYSTEP 12:45-13:30 TANAGO				V-RPM 13:15-14:00 ○ VIRTUAL				V- TRIP 13:15-14:00 ○ VIRTUAL				BA/BC 13:10-14:10 SAEKI				LESMILLS BODYATTACK 11:15-12:15 CHIHIRO				12:45-13:45 ATSUSHI				
30 BJ/DANCE 13:45-14:30 (BJの場合は 13:45-14:45) YUSHI				2/9: BODYJAM 2/2,16: DANCE				2/10:24:SHAPES 2/3,17:PILATES				Y-TRIP 13:30-14:10 ○ VIRTUAL				LESMILLS BODYBALANCE 13:30-14:10 KIMI				12:45-13:35 KIRARI				
30 LESMILLS BODYCOMBAT 15:00-15:45 YUSHI												LESMILLS BODYBALANCE 14:30-15:30 SAEKI				LESMILLS BODYATTACK 11:30-12:15 YUSHI				12:45-13:30 SUZUTO				
30 LESMILLS BODYBALANCE 15:00-16:00 KENYA																LESMILLS BODYBALANCE 14:30-15:30 YUUKO				12:45-13:30 KIRARI				
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30 LESMILLS BODYCOMBAT 18:55-19:40 TOYA				LESMILLS BODYPUMP 19:00-19:45 YUSHI				LESMILLS GRIT 遅 18:45-19:30 <別途550円> KENYA				LESMILLS RPM 19:00-19:45 <別途550円> YUKO				LESMILLS BODYATTACK 18:45-19:30 <別途550円> SAEKI				LESMILLS BODYBALANCE 18:45-19:30 <別途550円> ATSUSHI				
30 LESMILLS BODYBALANCE 20:00-20:45 ATSUSHI				Strength → LESMILLS DANCE <別途1,650円> MIKI				LESMILLS BA/BC 20:00-20:45 RYOSUKE				LESMILLS CORE 19:50-20:20 <別途1,650円> YUKO				LESMILLS BODYATTACK 19:45-20:25 <別途1,650円> ATSUSHI				LESMILLS BODYBALANCE 19:45-20:25 <別途1,650円> KIRARI				
30 LESMILLS BODYCOMBAT 20:00-20:50 ATSUSHI				LESMILLS BODYBALANCE <別途1,650円> TOYA				LESMILLS BODYBALANCE 20:10-20:40 CHISATO				LESMILLS BODYBALANCE 19:45-20:30 <別途1,650円> RIKA				LESMILLS BODYATTACK 20:35-21:20 <別途1,650円> ATSUSHI				LESMILLS BODYBALANCE 20:35-21:20 <別途1,650円> KIRARI				
30 LESMILLS BODYCOMBAT 21:05-21:50 TOYA				LESMILLS BODYBALANCE 21:05-22:05 YUSHI				LESMILLS BODYBALANCE 21:05-22:05 CHISATO				LESMILLS BODYBALANCE 21:05-22:25 KIRARI				LESMILLS BODYATTACK 21:45-22:15 <別途1,650円> SUZUTO				LESMILLS BODYBALANCE 21:40-22:15 <別途1,650円> AYUTO				
30 LESMILLS CEREMONY STUDIO Face the Mirror 21:05-21:50 TOYA				LESMILLS BODYBALANCE 21:05-22:05 YUSHI				V-SPRINT 21:00-21:30 ○ VIRTUAL				LESMILLS BODYBALANCE 20:50-21:25 ○ VIRTUAL				LESMILLS BODYATTACK 2/12,26: SAEKI 2/5,19: MASAKI				LESMILLS BODYBALANCE 20:40-21:25 ○ VIRTUAL				
30 FACE THE MIRROR 愛場!初めての方大歓迎!! インストラクターも含め、全員で鏡を向いてクラスを実施します。ダンススクール同じくダンスで、インストラクターと同方向で振付を行うので、よきわからやすく、ついつい笑ってしまうBODYJAMを楽しめます! 45分クラスの中で、時期に合わせてテッククラスを交えたり、鏡越しのからこそダンスをより楽しめるよう進めるので、初めての方にお勧めです!始めてみたかったけど...とあきらめかけていた皆さん! ぜひこの機会にダンスを始めましょう!ご参加をお待ちしております!				LESMILLS BODYBALANCE 21:05-22:05 KIRARI				LESMILLS BODYBALANCE 21:05-22:25 KIRARI				LESMILLS BODYBALANCE 21:40-22:25 ○ VIRTUAL				LESMILLS BODYATTACK 2/12,26: SAEKI 2/5,19: MASAKI				LESMILLS BODYBALANCE 21:40-22:15 ○ VIRTUAL				
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30 LESMILLS BODYSTEP 12:45-13:30 TANAGO				V-RPM 13:15-14:00 ○ VIRTUAL				V- TRIP 13:15-14:00 ○ VIRTUAL				BA/BC 13:10-14:10 SAEKI				LESMILLS BODYJAM 11:30-12:15 YUSHI				12:45-13:45 ATSUSHI				
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