

# 大分店プログラムスケジュール

2021年4月～

	月	火	金	土	日	
	COOLスタジオ					
19:30						19:30
20:00					19:45~20:15 LES MILLS <b>SH'BAM</b>	20:00
20:30					20:30~21:00 LES MILLS <b>BODYBALANCE</b>	20:30
21:00						21:00
21:30				21:15~21:45 LES MILLS <b>BODYCOMBAT</b>	21:15~21:45 LES MILLS <b>BODYPUMP</b>	21:30
22:00				22:00~22:30 LES MILLS <b>SH'BAM</b>	22:00~22:30 LES MILLS <b>CORE</b>	22:00
22:30						22:30
23:00	22:45~23:15 LES MILLS <b>SH'BAM</b>	22:45~23:15 LES MILLS <b>BODYPUMP</b>	22:45~23:15 LES MILLS <b>BODYBALANCE</b>	22:45~23:15 LES MILLS <b>CORE</b>	22:45~23:15 LES MILLS <b>BODYCOMBAT</b>	23:00
23:30	23:30~24:00 LES MILLS <b>BODYBALANCE</b>	23:30~24:00 <b>CORE</b>	23:30~24:00 LES MILLS <b>SH'BAM</b>	23:30~24:00 LES MILLS <b>BODYPUMP</b>	23:30~24:00 LES MILLS <b>BODYBALANCE</b>	23:30
0:00	火	水	土	日	月	0:00
0:30	0:15~0:45 LES MILLS <b>BODYPUMP</b>	0:15~0:45 LES MILLS <b>BODYCOMBAT</b>	0:15~0:45 <b>CORE</b>	0:15~0:45 LES MILLS <b>SH'BAM</b>	0:15~0:45 <b>CORE</b>	0:30
1:00	1:00~1:30 LES MILLS <b>CORE</b>	1:00~1:30 LES MILLS <b>SH'BAM</b>	1:00~1:30 LES MILLS <b>BODYCOMBAT</b>	1:00~1:30 LES MILLS <b>BODYBALANCE</b>	1:00~1:30 LES MILLS <b>BODYCOMBAT</b>	1:00
1:30						1:30
2:00	1:45~2:15 LES MILLS <b>BODYCOMBAT</b>	1:45~2:15 LES MILLS <b>BODYBALANCE</b>	1:45~2:15 LES MILLS <b>BODYPUMP</b>	1:45~2:15 LES MILLS <b>CORE</b>	1:45~2:15 LES MILLS <b>SH'BAM</b>	2:00
2:30	2:30~3:00 LES MILLS <b>SH'BAM</b>	2:30~3:00 LES MILLS <b>BODYPUMP</b>	2:30~3:00 LES MILLS <b>BODYCOMBAT</b>	2:30~3:00 LES MILLS <b>BODYPUMP</b>	2:30~3:00 LES MILLS <b>BODYBALANCE</b>	2:30
3:00						3:00
3:30	3:15~3:45 LES MILLS <b>BODYBALANCE</b>	3:15~3:45 <b>CORE</b>	3:15~3:45 LES MILLS <b>SH'BAM</b>	3:15~3:45 LES MILLS <b>BODYCOMBAT</b>	3:15~3:45 LES MILLS <b>BODYPUMP</b>	3:30
4:00	4:00~4:30 LES MILLS <b>BODYPUMP</b>	4:00~4:30 LES MILLS <b>BODYCOMBAT</b>	4:00~4:30 LES MILLS <b>BODYBALANCE</b>	4:00~4:30 LES MILLS <b>SH'BAM</b>	4:00~4:30 LES MILLS <b>CORE</b>	4:00
4:30						4:30
5:00	4:45~5:15 LES MILLS <b>CORE</b>	4:45~5:15 LES MILLS <b>SH'BAM</b>	4:45~5:15 LES MILLS <b>BODYPUMP</b>	4:45~5:15 LES MILLS <b>BODYBALANCE</b>	4:45~5:15 LES MILLS <b>BODYCOMBAT</b>	5:00
5:30	5:30~6:00 LES MILLS <b>BODYCOMBAT</b>	5:30~6:00 LES MILLS <b>BODYBALANCE</b>	5:30~6:00 <b>CORE</b>	5:30~6:00 LES MILLS <b>BODYPUMP</b>	5:30~6:00 LES MILLS <b>SH'BAM</b>	5:30
6:00						6:00
6:30	6:15~6:45 LES MILLS <b>SH'BAM</b>	6:15~6:45 LES MILLS <b>BODYPUMP</b>	6:15~6:45 LES MILLS <b>BODYCOMBAT</b>	6:15~6:45 LES MILLS <b>CORE</b>	6:15~6:45 LES MILLS <b>BODYBALANCE</b>	6:30
7:00	7:00~7:30 LES MILLS <b>BODYBALANCE</b>	7:00~7:30 <b>CORE</b>	7:00~7:30 LES MILLS <b>SH'BAM</b>	7:00~7:30 LES MILLS <b>BODYCOMBAT</b>	7:00~7:30 LES MILLS <b>BODYPUMP</b>	7:00
7:30						7:30
8:00	7:45~8:15 LES MILLS <b>BODYPUMP</b>	7:45~8:15 LES MILLS <b>BODYCOMBAT</b>	7:45~8:15 LES MILLS <b>BODYBALANCE</b>	7:45~8:15 LES MILLS <b>SH'BAM</b>	7:45~8:15 LES MILLS <b>CORE</b>	8:00
8:30						8:30
9:00						9:00
9:30						9:30
10:00						10:00