

	2月2日(日)	2月5日(水)	2月8日(土)	2月9日(日)	2月11日(火)	2月12日(水)
9:00						
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17:00						
17:30		Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK			Ⓞ LESMILLS BODYATTACK
18:00						
18:30	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK		Ⓞ LESMILLS BODYBALANCE
19:00						
19:30	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYCOMBAT
20:00						
20:30	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK
21:00						
21:30						
22:00						

	2月14日(金)	2月15日(土)	2月16日(日)	2月19日(水)	2月22日(土)	2月26日(水)	2月28日(金)
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17:00							
17:30	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK		Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK
18:00							
18:30	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE
19:00							
19:30	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT
20:00							
20:30	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYATTACK
21:00							
21:30							
22:00							