	3月1日(土)	3月2日(日)	3月3日(月)	3月5日(水)	3月10日(月)	3月14日(金)
9:00			LESMILLS BODYBALANCE		LESMILLS BODYBALANCE	
9:30						
10:00			LESMILLS BODYCOMBAT		LESMILLS BODYCOMBAT	
10:30						
11:00			LESMILLS BODYATTACK		LESMILLS BODYATTACK	
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30				LESMILLS BODYATTACK		LESMILLS BODYATTACK
18:00						
18:30	LESMILLS BODYATTACK	LESMILLS BODYATTACK		LESMILLS BODYBALANCE		LESMILLS BODYBALANCE
19:00						
19:30	LESMILLS BODYBALANCE	LESMILLS BODYBALANCE		LESMILLS BODYCOMBAT		LESMILLS BODYCOMBAT
20:00						
20:30	LESMILLS BODYCOMBAT	LESMILLS BODYCOMBAT		LESMILLS BODYATTACK		LESMILLS BODYATTACK
21:00						
21:30						
22:00						

	3月15日(土)	3月16日(日)	3月17日(月)	3月24日(月)	3月26日(水)	3月27日(木)	3月28日(金)	3月31日(月)
9:00			LESMILLS BODYBALANCE					
9:30								
10:00			LESMILLS BODYCOMBAT					
10:30								
11:00			LESMILLS BODYATTACK					
11:30								
12:00								
12:30								
13:00								
13:30								
14:00								
14:30						LESMILLS BODYATTACK		
15:00								
15:30						LESMILLS BODYBALANCE		
16:00								
16:30						LESMILLS BODYCOMBAT		
17:00								
17:30	LESMILLS BODYATTACK			LESMILLS BODYATTACK	LESMILLS BODYATTACK		LESMILLS BODYATTACK	LESMILLS BODYATTACK
18:00								
18:30	LESMILLS BODYBALANCE	LESMILLS BODYATTACK		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE
19:00								
19:30	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE		LESMILLS BODYCOMBAT	LESMILLS BODYCOMBAT		LESMILLS BODYCOMBAT	LESMILLS BODYCOMBAT
20:00								
20:30	LESMILLS BODYATTACK	LESMILLS BODYCOMBAT		LESMILLS BODYATTACK	LESMILLS BODYATTACK		LESMILLS BODYATTACK	LESMILLS BODYATTACK
21:00								
21:30								
22:00								