

	12月3日(水)	12月6日(土)	12月7日(日)	12月19日(金)	12月20日(土)	12月22日(月)	12月24日(水)	
9:00								
9:30								
10:00								
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12:30								
13:00								
13:30				🕒 LESMILLS BODYBALANCE				
14:00								
14:30				🕒 LESMILLS BODYATTACK				
15:00								
15:30				🕒 LESMILLS BODYBALANCE				
16:00								
16:30				🕒 LESMILLS BODYCOMBAT				
17:00								
17:30				🕒 LESMILLS BODYBALANCE				
18:00								
18:30	🕒 LESMILLS BODYATTACK		🕒 LESMILLS BODYBALANCE		🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYCOMBAT	
19:00								
19:30	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT		🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	
20:00								
20:30	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK		🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	
21:00								
21:30	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT			🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	
22:00								

	12月25日(木)	12月26日(金)	12月27日(土)	12月28日(日)	12月29日(月)	12月30日(火)	12月31日(水)	
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17:30				🕒 LESMILLS BODYBALANCE			🕒 LESMILLS BODYBALANCE	
18:00								
18:30	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	
19:00								
19:30	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	
20:00								
20:30	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	
21:00								
21:30	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK		🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK		
22:00								