

	1月1日(木)	1月2日(金)	1月3日(土)	1月4日(日)	1月7日(水)	1月9日(金)
9:00						
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18:00	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK
18:30						
19:00	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYCOMBAT
19:30						
20:00	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE
20:30						
21:00					🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE
21:30						
22:00						

	1月14日(水)	1月17日(土)	1月18日(日)	1月21日(水)	1月24日(土)	1月25日(日)	1月31日(土)
9:00							
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18:00	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE
18:30							
19:00	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT
19:30							
20:00	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK	🕒 LESMILLS BODYCOMBAT	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK
20:30							
21:00							
21:30	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYATTACK		🕒 LESMILLS BODYBALANCE	🕒 LESMILLS BODYBALANCE		🕒 LESMILLS BODYBALANCE
22:00							