

	3月4日(水)	3月9日(月)	3月11日(水)	3月13日(金)	3月14日(土)	3月17日(火)	3月18日(水)	3月22日(日)
9:00								
9:30								
10:00								
10:30						Ⓞ LESMILLS BODYBALANCE		
11:00								
11:30						Ⓞ LESMILLS BODYBALANCE		
12:00								
12:30								
13:00								
13:30								
14:00								
14:30								
15:00								
15:30								
16:00								
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17:00								
17:30								
18:00								
18:30	Ⓞ LESMILLS BODYBALANCE		Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE		Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE
19:00		Ⓞ LESMILLS BODYATTACK						
19:30	Ⓞ LESMILLS BODYATTACK		Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYCOMBAT		Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK
20:00		Ⓞ LESMILLS BODYBALANCE						
20:30	Ⓞ LESMILLS BODYCOMBAT		Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYATTACK		Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT
21:00		Ⓞ LESMILLS BODYCOMBAT						
21:30	Ⓞ LESMILLS BODYATTACK		Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYCOMBAT		Ⓞ LESMILLS BODYBALANCE	
22:00								

	3月23日(月)	3月25日(水)	3月27日(金)	3月28日(土)	3月29日(日)	3月30日(月)
9:00						
9:30						
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15:30						
16:00						
16:30						
17:00						
17:30						
18:00					Ⓞ LESMILLS BODYCOMBAT	
18:30	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYBALANCE		Ⓞ LESMILLS BODYBALANCE
19:00					Ⓞ LESMILLS BODYBALANCE	
19:30	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYCOMBAT	Ⓞ LESMILLS BODYCOMBAT		Ⓞ LESMILLS BODYCOMBAT
20:00					Ⓞ LESMILLS BODYATTACK	
20:30	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE		Ⓞ LESMILLS BODYATTACK
21:00					Ⓞ LESMILLS BODYBALANCE	
21:30	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK	Ⓞ LESMILLS BODYBALANCE	Ⓞ LESMILLS BODYATTACK		Ⓞ LESMILLS BODYCOMBAT
22:00						