	5月2日(土)	5月3日(日)	5月4日(月)	5月5日(火)	5月6日(水)	5月8日(金)	5月9日(土)	5月10日(日)
9:00								
10:00		LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK			
11:00		LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE			
12:00		LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT			
13:00								
14:00								
15:00								
16:00								
17:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	
18:00	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE
19:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
20:00	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE
21:00								

	5月16日(土)	5月17日(日)	5月22日(金)	5月23日(土)	5月24日(日)	5月28日(木)	5月30日(土)	5月31日(日)
9:00								
10:00		LesMills BODYATTACK			LesMills BODYATTACK			LesMills BODYATTACK
11:00		LesMills BODYBALANCE			LesMills BODYBALANCE			LesMills BODYBALANCE
12:00		LesMills BODYCOMBAT			LesMills BODYCOMBAT			
13:00								
14:00								
15:00								
16:00								
17:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE		LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT
18:00	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE
19:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
20:00	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYBALANCE	LesMills BODYBALANCE	LesMills BODYATTACK	LesMills BODYBALANCE
21:00								