

	9月2日(火)	9月4日(木)	9月6日(土)	9月7日(日)	9月8日(月)	9月12日(金)	9月13日(土)	9月16日(火)
9:00								
9:30								
10:00	LESSMILLS BODYBALANCE	LESSMILLS BODYBALANCE		LESSMILLS BODYBALANCE				LESSMILLS BODYBALANCE
10:30								
11:00	LESSMILLS BODYBALANCE	LESSMILLS BODYBALANCE		LESSMILLS BODYBALANCE				LESSMILLS BODYBALANCE
11:30								
12:00		LESSMILLS BODYATTACK		LESSMILLS BODYCOMBAT				
12:30								
13:00				LESSMILLS BODYBALANCE				
13:30					LESSMILLS BODYBALANCE			
14:00								
14:30					LESSMILLS BODYBALANCE			
15:00								
15:30					LESSMILLS BODYATTACK			
16:00								
16:30								
17:00								
17:30								
18:00								
18:30			LESSMILLS BODYBALANCE			LESSMILLS BODYBALANCE	LESSMILLS BODYBALANCE	
19:00								
19:30			LESSMILLS BODYCOMBAT			LESSMILLS BODYATTACK	LESSMILLS BODYCOMBAT	
20:00								
20:30			LESSMILLS BODYATTACK			LESSMILLS BODYCOMBAT	LESSMILLS BODYATTACK	
21:00								
21:30			LESSMILLS BODYBALANCE			LESSMILLS BODYBALANCE	LESSMILLS BODYBALANCE	
22:00								

	9月17日(水)	9月19日(金)	9月20日(土)	9月24日(水)	9月25日(木)	9月26日(金)	9月27日(土)	9月29日(月)
9:00								
9:30								
10:00								LESSMILLS BODYBALANCE
10:30								
11:00								LESSMILLS BODYATTACK
11:30								
12:00								LESSMILLS BODYBALANCE
12:30								
13:00								
13:30		LESSMILLS BODYBALANCE		LESSMILLS BODYBALANCE	LESSMILLS BODYBALANCE			
14:00								
14:30		LESSMILLS BODYATTACK		LESSMILLS BODYBALANCE	LESSMILLS BODYATTACK			
15:00								
15:30		LESSMILLS BODYCOMBAT		LESSMILLS BODYCOMBAT	LESSMILLS BODYBALANCE			
16:00								
16:30								
17:00								
17:30								
18:00								
18:30	LESSMILLS BODYATTACK		LESSMILLS BODYBALANCE			LESSMILLS BODYBALANCE	LESSMILLS BODYCOMBAT	
19:00								
19:30	LESSMILLS BODYCOMBAT		LESSMILLS BODYATTACK			LESSMILLS BODYATTACK	LESSMILLS BODYBALANCE	
20:00								
20:30	LESSMILLS BODYBALANCE		LESSMILLS BODYBALANCE			LESSMILLS BODYBALANCE	LESSMILLS BODYATTACK	
21:00								
21:30	LESSMILLS BODYBALANCE		LESSMILLS BODYCOMBAT			LESSMILLS BODYCOMBAT	LESSMILLS BODYBALANCE	
22:00								