| | 4月2日(水) | 4月4日(金) | 4月5日(土) | 4月6日(日) | 4月11日(金) | 4月14日(月) | 4月16日(水) |
|---|---|---|---|---|---|---|---|
| 9:00 | | | | | | | |
| 9:30 | | | | | | LesMILLS BODYBALANCE | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | LesMILLS BODYATTACK | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | LesMILLS BODYCOMBAT | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | LesMILLS BODYBALANCE | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | LesMILLS BODYATTACK | | | | | |
| 15:00 | | | | | | | |
| 15:30 | | LesMILLS BODYCOMBAT | | | | | |
| 16:00 | | | | | | | |
| 16:30 | | LesMILLS BODYBALANCE | | | | | |
| 17:00 | | | | | | | |
| 17:30 | LesMILLS BODYATTACK | | LesMILLS BODYATTACK | LesMILLS BODYATTACK | LesMILLS BODYATTACK | | LesMILLS BODYBALANCE |
| 18:00 | | | | | | | |
| 18:30 | LesMILLS BODYBALANCE | | LesMILLS BODYBALANCE | LesMILLS BODYBALANCE | LesMILLS BODYBALANCE | | LesMILLS BODYATTACK |
| 19:00 | | | | | | | |
| 19:30 | LesMILLS BODYCOMBAT | | LesMILLS BODYCOMBAT | LesMILLS BODYCOMBAT | LesMILLS BODYCOMBAT | | LesMILLS BODYCOMBAT |
| 20:00 | | | | | | | |
| 20:30 | LesMILLS BODYATTACK | | LesMILLS BODYATTACK | LesMILLS BODYATTACK | LesMILLS BODYATTACK | | LesMILLS BODYBALANCE |
| 21:00 | | | | | | | |
| 21:30 | | | | | | | |
| 22:00 | | | | | | | |

| | 4月17日(木) | 4月18日(金) | 4月19日(土) | 4月20日(日) | 4月23日(水) | 4月25日(金) | 4月28日(月) | 4月30日(水) |
|---|---|---|---|---|---|---|---|---|
| 9:00 | | | | | | | | |
| 9:30 | | | | | | | | |
| 10:00 | | | | LesMILLS BODYBALANCE | | | LesMILLS BODYBALANCE | |
| 10:30 | | | | | | | | |
| 11:00 | | | | LesMILLS BODYATTACK | | | LesMILLS BODYATTACK | |
| 11:30 | | | | | | | | |
| 12:00 | | | | LesMILLS BODYCOMBAT | | | LesMILLS BODYBALANCE | |
| 12:30 | | | | | | | | |
| 13:00 | | | | | | | | |
| 13:30 | LesMILLS BODYBALANCE | LesMILLS BODYBALANCE | | | LesMILLS BODYBALANCE | | | |
| 14:00 | | | | | | | | |
| 14:30 | LesMILLS BODYATTACK | LesMILLS BODYCOMBAT | | | LesMILLS BODYATTACK | | | |
| 15:00 | | | | | | | | |
| 15:30 | LesMILLS BODYBALANCE | LesMILLS BODYBALANCE | | | LesMILLS BODYCOMBAT | | | |
| 16:00 | | | | | | | | |
| 16:30 | | | | | | | | |
| 17:00 | | | | | | | | |
| 17:30 | | | LesMILLS BODYATTACK | | | LesMILLS BODYATTACK | | LesMILLS BODYATTACK |
| 18:00 | | | | | | | | |
| 18:30 | | | LesMILLS BODYBALANCE | | | LesMILLS BODYBALANCE | | LesMILLS BODYBALANCE |
| 19:00 | | | | | | | | |
| 19:30 | | | LesMILLS BODYCOMBAT | | | LesMILLS BODYCOMBAT | | LesMILLS BODYCOMBAT |
| 20:00 | | | | | | | | |
| 20:30 | | | LesMILLS BODYATTACK | | | LesMILLS BODYBALANCE | | LesMILLS BODYATTACK |
| 21:00 | | | | | | | | |
| 21:30 | | | | | | | | |
| 22:00 | | | | | | | | |