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

	6月14日(土)	6月18日(水)	6月21日(土)	6月22日(日)	6月23日(月)	6月25日(水)	6月27日(金)	6月28日(土)	6月29日(日)
9:00									
9:30									
10:00	LesMILLS BODYBALANCE								
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11:00	LesMILLS BODYBALANCE								
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18:30		LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE	LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE
19:00									
19:30		LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE	LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYBALANCE
20:00									
20:30		LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE	LesMILLS BODYATTACK	LesMILLS BODYCOMBAT
21:00									
21:30		LesMILLS BODYBALANCE	LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYATTACK	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE	LesMILLS BODYATTACK
22:00									