

2025-2026年末年始セルフ営業時特別レッスンスケジュール

	12/30(火)	12/31(水)	01/01(木)	01/02(金)	01/03(土)	
0:00						0:00
1:00	[VIRTUAL] BODYPUMP 00:00~00:30	[VIRTUAL] BODYATTACK 00:00~00:30	[VIRTUAL] LES MILLS CORE 00:00~00:30	[VIRTUAL] BODYCOMBAT 00:00~00:30	[VIRTUAL] BODYPUMP 00:00~00:30	1:00
	[VIRTUAL] BODYBALANCE 00:45~01:15	[VIRTUAL] BODYPUMP 00:45~01:15	[VIRTUAL] LES MILLS DANCE 00:45~01:15	[VIRTUAL] BODYATTACK 00:45~01:15	[VIRTUAL] LES MILLS CORE 00:45~01:15	
2:00	[VIRTUAL] LES MILLS DANCE 01:30~02:00	[VIRTUAL] BODYCOMBAT 01:30~02:00	[VIRTUAL] BODYBALANCE 01:30~02:00	[VIRTUAL] BODYBALANCE 01:30~02:00	[VIRTUAL] BODYCOMBAT 01:30~02:00	2:00
5:00	}	}	}	}	}	5:00
6:00	[VIRTUAL] LES MILLS CORE 05:00~05:30	[VIRTUAL] BODYCOMBAT 05:00~05:30	[VIRTUAL] BODYBALANCE 05:00~05:30	[VIRTUAL] BODYPUMP 05:00~05:30	[VIRTUAL] BODYATTACK 05:00~05:30	6:00
	[VIRTUAL] BODYBALANCE 05:45~06:15	[VIRTUAL] BODYPUMP 05:45~06:15	[VIRTUAL] BODYCOMBAT 05:45~06:00	[VIRTUAL] GRIT CARDIO 05:45~06:15	[VIRTUAL] LES MILLS CORE 05:45~06:15	
7:00	[VIRTUAL] BODYPUMP 06:30~07:00	[VIRTUAL] BODYBALANCE 06:30~07:00	[VIRTUAL] BODYATTACK 06:15~06:45	[VIRTUAL] BODYCOMBAT 06:30~07:00	[VIRTUAL] LES MILLS DANCE 06:30~07:00	7:00
	[VIRTUAL] BODYCOMBAT 07:15~07:45	[VIRTUAL] LES MILLS DANCE 07:15~07:45	[VIRTUAL] BODYPUMP 07:15~07:45	[VIRTUAL] LES MILLS CORE 07:15~07:45	[VIRTUAL] BODYPUMP 07:15~07:45	
8:00	[VIRTUAL] LES MILLS DANCE 08:00~08:30	[VIRTUAL] BODYPUMP 08:00~08:30	[VIRTUAL] LES MILLS DANCE 08:00~08:30	[VIRTUAL] BODYBALANCE 08:00~08:30	[VIRTUAL] BODYCOMBAT 08:00~08:30	8:00
	[VIRTUAL] BODYBALANCE 08:45~09:15	[VIRTUAL] LES MILLS CORE 08:45~09:15	[VIRTUAL] BODYCOMBAT 08:45~09:15	[VIRTUAL] BODYATTACK 08:45~09:15	[VIRTUAL] BODYBALANCE 08:45~09:15	
9:00						9:00
10:00	[VIRTUAL] LES MILLS DANCE 09:45~10:15	[VIRTUAL] BODYCOMBAT 09:45~10:15	[VIRTUAL] BODYATTACK 09:45~10:15	[VIRTUAL] LES MILLS DANCE 09:45~10:15	[VIRTUAL] BODYATTACK 09:45~10:15	10:00
	[VIRTUAL] BODYCOMBAT 10:30~11:00	[VIRTUAL] BODYBALANCE 10:30~11:00	[VIRTUAL] BODYPUMP 10:30~11:00	[VIRTUAL] LES MILLS CORE 10:30~11:00	[VIRTUAL] BODYPUMP 10:30~11:00	
11:00						11:00
12:00	[VIRTUAL] LES MILLS CORE 11:15~11:45	[VIRTUAL] BODYPUMP 11:15~11:45	[VIRTUAL] BODYBALANCE 11:15~11:45	[VIRTUAL] BODYCOMBAT 11:15~11:45	[VIRTUAL] BODYBALANCE 11:15~11:45	12:00
	[VIRTUAL] BODYPUMP 12:00~12:30	[VIRTUAL] LES MILLS DANCE 12:00~12:30	[VIRTUAL] LES MILLS CORE 12:00~12:30	[VIRTUAL] BODYBALANCE 12:00~12:30	[VIRTUAL] LES MILLS CORE 12:00~12:30	
13:00	[VIRTUAL] BODYBALANCE 12:45~13:15	[VIRTUAL] LES MILLS CORE 12:45~13:15	[VIRTUAL] LES MILLS DANCE 12:45~13:15	[VIRTUAL] BODYPUMP 12:45~13:15	[VIRTUAL] LES MILLS DANCE 12:45~13:15	13:00
14:00	[VIRTUAL] GRIT CARDIO 13:30~14:00	[VIRTUAL] BODYATTACK 13:30~14:00	[VIRTUAL] BODYCOMBAT 13:30~14:00	[VIRTUAL] BODYATTACK 13:30~14:00	[VIRTUAL] BODYCOMBAT 13:30~14:00	14:00
15:00	[VIRTUAL] LES MILLS CORE 14:15~14:45	[VIRTUAL] BODYPUMP 14:15~14:45	[VIRTUAL] BODYBALANCE 14:15~14:45	[VIRTUAL] BODYCOMBAT 14:15~14:45	[VIRTUAL] BODYBALANCE 14:15~14:45	15:00
	[VIRTUAL] BODYCOMBAT 15:00~15:30	[VIRTUAL] BODYBALANCE 15:00~15:30	[VIRTUAL] BODYPUMP 15:00~15:30	[VIRTUAL] GRIT CARDIO 15:00~15:30	[VIRTUAL] BODYPUMP 15:00~15:30	
16:00	[VIRTUAL] LES MILLS DANCE 15:45~16:15	[VIRTUAL] LES MILLS CORE 15:45~16:15	[VIRTUAL] BODYCOMBAT 15:45~16:15	[VIRTUAL] LES MILLS DANCE 15:45~16:15	[VIRTUAL] BODYCOMBAT 15:45~16:15	16:00
17:00	[VIRTUAL] BODYPUMP 16:30~17:00	[VIRTUAL] BODYCOMBAT 16:30~17:00	[VIRTUAL] GRIT CARDIO 16:30~17:00	[VIRTUAL] LES MILLS CORE 16:30~17:00	[VIRTUAL] GRIT CARDIO 16:30~17:00	17:00
	[VIRTUAL] BODYATTACK 17:15~17:45	[VIRTUAL] GRIT CARDIO 17:15~17:45	[VIRTUAL] LES MILLS DANCE 17:15~17:45	[VIRTUAL] BODYPUMP 17:15~17:45	[VIRTUAL] LES MILLS DANCE 17:15~17:45	
18:00						18:00
19:00	[VIRTUAL] BODYBALANCE 18:00~18:30	[VIRTUAL] LES MILLS DANCE 18:00~18:30	[VIRTUAL] LES MILLS CORE 18:00~18:30	[VIRTUAL] BODYCOMBAT 18:00~18:30	[VIRTUAL] LES MILLS CORE 18:00~18:30	19:00
20:00	[VIRTUAL] BODYCOMBAT 18:45~19:30	[VIRTUAL] BODYPUMP 18:45~19:30	[VIRTUAL] BODYATTACK 18:45~19:30	[VIRTUAL] BODYBALANCE 18:45~19:30	[VIRTUAL] BODYPUMP 18:45~19:30	20:00
21:00	[VIRTUAL] LES MILLS DANCE 19:45~20:30	[VIRTUAL] BODYCOMBAT 19:45~20:30	[VIRTUAL] BODYCOMBAT 19:45~20:30	[VIRTUAL] BODYPUMP 19:45~20:30	[VIRTUAL] LES MILLS DANCE 19:45~20:30	21:00
22:00	[VIRTUAL] BODYPUMP 20:45~21:30	[VIRTUAL] BODYBALANCE 20:45~21:30	[VIRTUAL] LES MILLS DANCE 20:45~21:30	[VIRTUAL] BODYATTACK 20:45~21:30	[VIRTUAL] BODYCOMBAT 20:45~21:30	22:00
23:00	[VIRTUAL] LES MILLS CORE 21:45~22:15	[VIRTUAL] BODYATTACK 21:45~22:15	[VIRTUAL] BODYPUMP 21:45~22:15	[VIRTUAL] BODYCOMBAT 21:45~22:15	[VIRTUAL] BODYBALANCE 21:45~22:15	23:00
0:00	[VIRTUAL] BODYATTACK 22:30~23:00	[VIRTUAL] LES MILLS CORE 22:30~23:00	[VIRTUAL] BODYCOMBAT 22:30~23:00	[VIRTUAL] BODYPUMP 22:30~23:00	[VIRTUAL] BODYCOMBAT 22:30~23:00	23:00
0:00	[VIRTUAL] BODYBALANCE 23:15~23:45	[VIRTUAL] BODYCOMBAT 23:15~23:45	[VIRTUAL] BODYPUMP 23:15~23:45	[VIRTUAL] LES MILLS DANCE 23:15~23:45	[VIRTUAL] BODYATTACK 23:15~23:45	0:00