

月曜日	火曜日	水曜日	木曜日	金曜日は 休館日です	土曜日	日曜日		
LES MILLS ▶ THE TRIP 10:30~11:15	少人数制 マシン ピラティス 11:00~12:00	少人数制 マシン ピラティス 10:30~14:15	少人数制 マシン ピラティス 10:30~11:30		少人数制 マシン ピラティス 10:30~13:00	LES MILLS ▶ <i>sprint</i> 10:30~11:00		
LES MILLS ▶ <i>RPM</i> 11:15~11:45			▶ THE TRIP 12:00~12:45			LES MILLS ▶ THE TRIP 11:00~11:45		
LES MILLS ▶ THE TRIP 11:45~12:30						LES MILLS ▶ <i>RPM</i> 11:45~12:15		
少人数制 マシン ピラティス 13:00~14:00	LES MILLS ▶ <i>RPM</i> 12:30~13:00		LES MILLS ▶ <i>RPM</i> 12:45~13:15			LES MILLS ▶ <i>sprint</i> 12:15~12:45		
	LES MILLS ▶ <i>sprint</i> 13:00~13:30		LES MILLS ▶ THE TRIP 13:15~14:00			LES MILLS ▶ THE TRIP 12:45~13:30		
	LES MILLS ▶ <i>RPM</i> 13:30~14:00		LES MILLS ▶ <i>sprint</i> 14:00~14:30			LES MILLS ▶ <i>RPM</i> 13:30~14:00		
	少人数制 マシン ピラティス 14:30~15:30		LES MILLS ▶ <i>RPM</i> 14:30~15:00			LES MILLS ▶ <i>RPM</i> 13:30~14:00		
LES MILLS ▶ THE TRIP 14:30~15:15	▶ THE TRIP 14:45~15:30	LES MILLS ▶ <i>sprint</i> 15:00~15:30	LES MILLS ▶ THE TRIP 14:00~14:45			LES MILLS ▶ <i>sprint</i> 14:00~14:30		
LES MILLS ▶ <i>RPM</i> 15:15~15:45		LES MILLS ▶ THE TRIP 15:30~16:15	LES MILLS ▶ <i>sprint</i> 14:45~15:15			LES MILLS ▶ THE TRIP 14:30~15:15		
LES MILLS ▶ <i>sprint</i> 15:45~16:15	LES MILLS ▶ <i>sprint</i> 16:00~16:30	LES MILLS ▶ <i>RPM</i> 16:15~16:45	LES MILLS ▶ <i>sprint</i> 15:15~15:45		LES MILLS ▶ <i>sprint</i> 15:15~15:45			
LES MILLS ▶ THE TRIP 16:15~17:00	LES MILLS ▶ <i>RPM</i> 16:30~17:00	LES MILLS ▶ <i>RPM</i> 16:45~17:15	LES MILLS ▶ <i>sprint</i> 16:45~17:15		LES MILLS ▶ THE TRIP 16:15~17:00	LES MILLS ▶ THE TRIP 16:15~17:00		
LES MILLS ▶ <i>RPM</i> 17:00~17:30	LES MILLS ▶ THE TRIP 17:00~17:45	LES MILLS ▶ <i>sprint</i> 17:15~17:45	LES MILLS ▶ THE TRIP 17:15~18:00		LES MILLS ▶ <i>sprint</i> 17:00~17:30	LES MILLS ▶ <i>sprint</i> 17:00~17:30		
LES MILLS ▶ THE TRIP 17:30~18:15	LES MILLS ▶ <i>sprint</i> 17:45~18:15	LES MILLS ▶ THE TRIP 17:45~18:30	LES MILLS ▶ <i>RPM</i> 18:00~18:30		LES MILLS ▶ THE TRIP 17:30~18:15	LES MILLS ▶ THE TRIP 17:30~18:15		
LES MILLS ▶ <i>sprint</i> 18:15~18:45	LES MILLS ▶ THE TRIP 18:15~19:00	LES MILLS ▶ <i>RPM</i> 18:30~19:00	LES MILLS ▶ <i>sprint</i> 18:30~19:00		LES MILLS ▶ <i>sprint</i> 18:15~18:45			
LES MILLS ▶ <i>RPM</i> 18:45~19:15	LES MILLS ▶ <i>sprint</i> 19:00~19:30	LES MILLS ▶ THE TRIP 19:00~19:45	LES MILLS ▶ <i>RPM</i> 19:00~19:30		LES MILLS ▶ THE TRIP 18:45~19:30			
LES MILLS ▶ THE TRIP 19:15~20:00	LES MILLS ▶ <i>RPM</i> 19:30~20:00	LES MILLS ▶ <i>RPM</i> 19:45~20:15	LES MILLS ▶ <i>sprint</i> 19:30~20:00					
LES MILLS ▶ <i>RPM</i> 20:00~20:30	LES MILLS ▶ THE TRIP 20:00~20:45	LES MILLS ▶ <i>sprint</i> 20:15~20:45	LES MILLS ▶ THE TRIP 20:00~20:45					
LES MILLS ▶ THE TRIP 20:30~21:15	LES MILLS ▶ <i>sprint</i> 20:45~21:15	LES MILLS ▶ THE TRIP 20:45~21:30	LES MILLS ▶ <i>RPM</i> 20:45~21:15					
LES MILLS ▶ <i>sprint</i> 21:15~21:45	LES MILLS ▶ THE TRIP 21:15~22:00	LES MILLS ▶ <i>RPM</i> 21:30~22:00	LES MILLS ▶ <i>sprint</i> 21:15~21:45					