

| 月曜日 | 火曜日 | 水曜日 | 木曜日 | 金曜日 | 土曜日 | 日曜日 |
|---|--|--|--|---|---|--|
| <div>LES MILLS</div> <div>barre</div> <div>10:30AM - 11:00AM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>10:30AM - 11:00AM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>10:30AM - 11:00AM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>10:30AM - 11:00AM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>10:30AM - 11:00AM</div> | <div>LES MILLS</div> <div>barre</div> <div>10:30AM - 11:00AM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>10:30AM - 11:00AM</div> |
| <div>LES MILLS</div> <div>BODYATTACK</div> <div>11:30AM - 12:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>11:30AM - 12:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>11:30AM - 12:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>11:30AM - 12:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>11:30AM - 12:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>11:30AM - 12:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>11:30AM - 12:00PM</div> |
| <div>LES MILLS</div> <div>BODYBALANCE</div> <div>12:30PM - 1:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>12:30PM - 1:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>12:30PM - 1:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>12:30PM - 1:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>12:30PM - 1:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>12:30PM - 1:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>12:30PM - 1:00PM</div> |
| <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>1:30PM - 2:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>1:30PM - 2:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>1:30PM - 2:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>1:30PM - 2:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>1:30PM - 2:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>1:30PM - 2:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>1:30PM - 2:00PM</div> |
| <div>LES MILLS</div> <div>SH'BAM</div> <div>2:30PM - 3:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>2:30PM - 3:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>2:30PM - 3:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>2:30PM - 3:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>2:30PM - 3:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>2:30PM - 3:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>2:30PM - 3:00PM</div> |
| <div>LES MILLS</div> <div>barre</div> <div>3:30PM - 4:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>3:30PM - 4:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>3:30PM - 4:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>3:30PM - 4:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>3:30PM - 4:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>3:30PM - 4:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>3:30PM - 4:00PM</div> |
| <div>LES MILLS</div> <div>BODYATTACK</div> <div>4:30PM - 5:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>4:30PM - 5:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>4:30PM - 5:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>4:30PM - 5:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>4:30PM - 5:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>4:30PM - 5:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>4:30PM - 5:00PM</div> |
| <div>LES MILLS</div> <div>BODYBALANCE</div> <div>5:30PM - 6:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>5:30PM - 6:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>5:30PM - 6:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>5:30PM - 6:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>5:30PM - 6:00PM</div> | | |
| <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>6:30PM - 7:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>6:30PM - 7:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>6:30PM - 7:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>6:30PM - 7:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>6:30PM - 7:00PM</div> | | |
| <div>LES MILLS</div> <div>SH'BAM</div> <div>7:30PM - 8:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>7:30PM - 8:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>7:30PM - 8:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>7:30PM - 8:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>7:30PM - 8:00PM</div> | | |
| <div>LES MILLS</div> <div>barre</div> <div>8:30PM - 9:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>8:30PM - 9:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>8:30PM - 9:00PM</div> | <div>LES MILLS</div> <div>BODYATTACK</div> <div>8:30PM - 9:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>8:30PM - 9:00PM</div> | | |
| <div>LES MILLS</div> <div>BODYATTACK</div> <div>9:30PM - 10:00PM</div> | <div>LES MILLS</div> <div>BODYCOMBAT</div> <div>9:30PM - 10:00PM</div> | <div>LES MILLS</div> <div>barre</div> <div>9:30PM - 10:00PM</div> | <div>LES MILLS</div> <div>BODYBALANCE</div> <div>9:30PM - 10:00PM</div> | <div>LES MILLS</div> <div>SH'BAM</div> <div>9:30PM - 10:00PM</div> | | |



A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Fun-loving and insanely addictive dance workout. No dance experience required!

Group Exercise Timetable