

LES MILLS VIRTUAL 専用スタジオ 富里

Program time schedule

time	月 (mon)	火 (tue)	水 (wed)	木 (thu)	金 (fri)	土 (sat)	日 (sun)
6	BODYBALANCE ST LES MILLS DANCE	BODYBALANCE Flexibility	BODYBALANCE ST LES MILLS DANCE	BODYBALANCE Flexibility	BODYBALANCE ST LES MILLS DANCE	BODYBALANCE Flexibility	BODYBALANCE ST LES MILLS DANCE
7	BODYCOMBAT	BODYPUMP BODYPUMP Arms	BODYCOMBAT	BODYPUMP BODYPUMP Lower	BODYCOMBAT	BODYPUMP BODYPUMP Upper	BODYCOMBAT
8	BODYPUMP LES MILLS CORE	LES MILLS CORE BODYATTACK	BODYPUMP LES MILLS CORE	LES MILLS CORE BODYATTACK	BODYPUMP LES MILLS CORE	LES MILLS CORE BODYATTACK	BODYPUMP
9		BODYCOMBAT LES MILLS DANCE					THE TRIP
10	RPM	BODYBALANCE Flexibility	RPM	BODYBALANCE Flexibility	RPM	BODYBALANCE Flexibility	BODYATTACK LES MILLS GRIT
11	BODYCOMBAT LES MILLS DANCE	LES MILLS CORE BODYATTACK	BODYCOMBAT LES MILLS DANCE	LES MILLS CORE BODYATTACK	BODYCOMBAT LES MILLS DANCE	LES MILLS CORE BODYATTACK	BODYCOMBAT LES MILLS DANCE
12	BODYBALANCE Flexibility	BODYCOMBAT LES MILLS DANCE	BODYBALANCE Flexibility	BODYCOMBAT LES MILLS DANCE	BODYBALANCE Flexibility	BODYCOMBAT LES MILLS DANCE	BODYBALANCE Strength
13	BODYPUMP BODYPUMP Arms	BODYBALANCE Strength	BODYPUMP BODYPUMP Lower	BODYBALANCE Strength	BODYPUMP BODYPUMP Upper	BODYBALANCE Strength	BODYPUMP BODYPUMP Arms
14	BODYATTACK LES MILLS CORE	BODYPUMP	BODYATTACK LES MILLS CORE	BODYPUMP	BODYATTACK LES MILLS CORE	BODYPUMP	BODYATTACK LES MILLS CORE
15	BODYCOMBAT LES MILLS DANCE	RPM		RPM	BODYCOMBAT LES MILLS DANCE	RPM	BODYCOMBAT
16	BODYBALANCE	BODYATTACK LES MILLS CORE		BODYATTACK LES MILLS CORE	BODYBALANCE	BODYATTACK LES MILLS CORE	LES MILLS GRIT LES MILLS DANCE
17	BODYCOMBAT	BODYCOMBAT LES MILLS GRIT		BODYCOMBAT LES MILLS GRIT	BODYCOMBAT	BODYCOMBAT LES MILLS GRIT	BODYATTACK LES MILLS CORE
18	LES MILLS CORE	LES MILLS DANCE		LES MILLS DANCE	LES MILLS CORE	LES MILLS DANCE	BODYBALANCE Flexibility
19	BODYATTACK LES MILLS GRIT	BODYBALANCE Strength	BODYATTACK LES MILLS GRIT	BODYBALANCE Strength	BODYATTACK LES MILLS GRIT	BODYBALANCE Strength	
20	BODYCOMBAT	BODYPUMP LES MILLS CORE	BODYCOMBAT	BODYPUMP LES MILLS CORE	BODYCOMBAT	BODYPUMP LES MILLS CORE	
21	BODYPUMP	BODYATTACK LES MILLS GRIT	BODYPUMP	BODYATTACK LES MILLS GRIT	BODYPUMP	BODYATTACK LES MILLS GRIT	
22	BODYBALANCE Strength	BODYCOMBAT	BODYBALANCE Strength	BODYCOMBAT	BODYBALANCE Strength	BODYCOMBAT	
23	SPRINT BODYATTACK	LES MILLS DANCE	SPRINT BODYATTACK	LES MILLS DANCE	SPRINT BODYATTACK	LES MILLS DANCE	
24	LES MILLS GRIT BODYCOMBAT	THE TRIP	LES MILLS GRIT BODYCOMBAT	THE TRIP	LES MILLS GRIT BODYCOMBAT	THE TRIP	
1	LES MILLS CORE BODYBALANCE FX	BODYBALANCE Flexibility	LES MILLS CORE BODYBALANCE FX	BODYBALANCE Flexibility	LES MILLS CORE BODYBALANCE FX	BODYBALANCE Flexibility	

色分け / トレーニングの種類

- 有酸素 (カーディオ/脂肪燃焼)
- 調整系 (マインド&ボディ)
- 筋トレ (ボディメイク/筋力強化)
- ダンス (カーディオ/ダンス)
- バイク (カーディオ/脂肪燃焼)
- ご利用いただけません。

※タイムスケジュールは告知なく変更する場合がございます。ご了承ください。

※プログラム実施中の入退場が可能です。ご自身のタイミングにあわせてご利用ください。