

月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
LES MILLS SH'BAM 12:05AM - 12:35AM	LES MILLS BODYBALANCE 12:05AM - 12:35AM	LES MILLS barre 12:05AM - 12:35AM	LES MILLS CXWORX 12:05AM - 12:35AM	LES MILLS BODYCOMBAT 12:05AM - 12:35AM	LES MILLS GRIT CARDIO 12:05AM - 12:35AM	LES MILLS BODYCOMBAT 12:05AM - 12:35AM
LES MILLS BODYBALANCE 1:00AM - 1:30AM	LES MILLS barre 1:00AM - 1:30AM	LES MILLS CXWORX 1:00AM - 1:30AM	LES MILLS BODYCOMBAT 1:00AM - 1:30AM	LES MILLS SH'BAM 1:00AM - 1:30AM	LES MILLS BODYCOMBAT 1:00AM - 1:30AM	LES MILLS SH'BAM 1:00AM - 1:30AM
LES MILLS barre 2:00AM - 2:30AM	LES MILLS CXWORX 2:00AM - 2:30AM	LES MILLS BODYCOMBAT 2:00AM - 2:30AM	LES MILLS SH'BAM 2:00AM - 2:30AM	LES MILLS BODYBALANCE 2:00AM - 2:30AM	LES MILLS SH'BAM 2:00AM - 2:30AM	LES MILLS BODYBALANCE 2:00AM - 2:30AM
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