

☆☆☆ GWSCHEDULE ☆☆☆

	4/27 SAT	4/28 SUN	4/29 MON	4/30 TUE	5/1 WED	5/2 THU	5/3 FRI	5/4 SAT	5/5 SUN	5/6 MON	
10:00											10:00
10:30			10:30		10:30	10:30	10:30			10:30	10:30
11:00			LES MILLS GRIT STRENGTH		LES MILLS GRIT STRENGTH	LES MILLS THE TRIP	LES MILLS GRIT STRENGTH			LES MILLS GRIT STRENGTH	11:00
11:15	11:15-11:45		11:15		11:15	11:15	11:15	11:15-11:45		11:15	11:30
11:30	LES MILLS GRIT ATHLETIC		LES MILLS GRIT CARDIO		LES MILLS GRIT CARDIO	LES MILLS Sprint	LES MILLS GRIT CARDIO	LES MILLS GRIT ATHLETIC		LES MILLS GRIT CARDIO	11:30
12:00		12:00-12:30	12:00		12:00	12:00	12:00		12:00-12:30	12:00	12:00
12:30		LES MILLS GRIT CARDIO	LES MILLS GRIT ATHLETIC		LES MILLS GRIT ATHLETIC	LES MILLS RPM	LES MILLS GRIT ATHLETIC		LES MILLS GRIT CARDIO	LES MILLS GRIT STRENGTH	12:30
12:45	12:45-13:15		12:45		12:45	12:45	12:45	12:45-13:15		12:45	13:00
13:00	LES MILLS RPM		LES MILLS GRIT CARDIO		LES MILLS GRIT CARDIO	LES MILLS THE TRIP	LES MILLS GRIT CARDIO	LES MILLS RPM		LES MILLS GRIT CARDIO	13:00
13:30		13:30-14:00	13:30		13:30	13:30	13:30		13:30-14:00	13:30	13:30
14:00		LES MILLS GRIT STRENGTH	LES MILLS GRIT ATHLETIC		LES MILLS GRIT ATHLETIC	LES MILLS Sprint	LES MILLS GRIT ATHLETIC		LES MILLS GRIT STRENGTH	LES MILLS GRIT ATHLETIC	14:00
14:15	14:15-14:45		14:15		14:15	14:15	14:15	14:15-14:45		14:15	14:30
14:30	LES MILLS RPM		LES MILLS GRIT STRENGTH		LES MILLS GRIT STRENGTH	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS RPM		LES MILLS GRIT STRENGTH	14:30
15:00		15:00	15:00		15:00	15:00	15:00		15:00	15:00	15:00
15:30		LES MILLS THE TRIP	LES MILLS GRIT CARDIO		LES MILLS GRIT CARDIO	LES MILLS THE TRIP	LES MILLS GRIT CARDIO		LES MILLS THE TRIP	LES MILLS GRIT CARDIO	15:30
15:45	15:45	15:45	15:45		15:45	15:45	15:45	15:45	15:45	15:45	16:00
16:00	LES MILLS Sprint	LES MILLS Sprint	LES MILLS GRIT ATHLETIC		LES MILLS GRIT ATHLETIC	LES MILLS Sprint	LES MILLS GRIT ATHLETIC	LES MILLS Sprint	LES MILLS Sprint	LES MILLS GRIT ATHLETIC	16:00
16:30	16:30	16:30	16:30		16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	LES MILLS GRIT STRENGTH	LES MILLS THE TRIP	LES MILLS GRIT STRENGTH		LES MILLS GRIT STRENGTH	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS GRIT STRENGTH	LES MILLS THE TRIP	LES MILLS GRIT STRENGTH	17:00
17:15	17:15	17:15	17:15		17:15	17:15	17:15	17:15	17:15	17:15	17:30
17:30	LES MILLS GRIT ATHLETIC	LES MILLS Sprint	LES MILLS GRIT CARDIO		LES MILLS GRIT CARDIO	LES MILLS THE TRIP	LES MILLS GRIT CARDIO	LES MILLS GRIT ATHLETIC	LES MILLS Sprint	LES MILLS GRIT CARDIO	17:30
18:00											18:00
18:30						18:30~19:00				18:00~18:30	18:30
19:00						LES MILLS GRIT ATHLETIC					19:00
19:30							19:00~19:30			19:00~19:30	19:30
20:00							LES MILLS GRIT STRENGTH			LES MILLS RPM	20:00

休館日