

SEPTEMBER SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN	
10:00								10:00
10:30								10:30
11:00	10:30 Ⓞ GRIT STRENGTH	10:30 LES MILLS THE TRIP	10:30 Ⓞ GRIT STRENGTH	10:30 LES MILLS THE TRIP	10:30 Ⓞ GRIT STRENGTH			11:00
11:30	11:15 Ⓞ GRIT CARDIO	11:15 LES MILLS sprint	11:15 Ⓞ GRIT CARDIO	11:15 LES MILLS sprint	11:15 Ⓞ GRIT CARDIO	11:15-11:45 LES MILLS GRIT ATHLETIC		11:30
12:00								12:00
12:30	12:00 Ⓞ GRIT ATHLETIC	12:00 LES MILLS RPM	12:00 Ⓞ GRIT ATHLETIC	12:00 LES MILLS RPM	12:00 Ⓞ GRIT ATHLETIC		12:00-12:30 LES MILLS GRIT CARDIO	12:30
13:00	12:45 Ⓞ GRIT CARDIO	12:45 LES MILLS THE TRIP	12:45 Ⓞ GRIT CARDIO	12:45 LES MILLS THE TRIP	12:45 Ⓞ GRIT CARDIO	12:45 LES MILLS RPM		13:00
13:30								13:30
14:00	13:30 Ⓞ GRIT ATHLETIC	13:30 LES MILLS sprint	13:30 Ⓞ GRIT ATHLETIC	13:30 LES MILLS sprint	13:30 Ⓞ GRIT ATHLETIC		13:30 Ⓞ GRIT CARDIO	14:00
14:30	14:15 Ⓞ GRIT STRENGTH	14:15 LES MILLS RPM	14:15 Ⓞ GRIT STRENGTH	14:15 LES MILLS RPM	14:15 Ⓞ GRIT STRENGTH	14:15-14:45 LES MILLS RPM		14:30
15:00								15:00
15:30	15:00 Ⓞ GRIT CARDIO	15:00 LES MILLS THE TRIP	15:00 Ⓞ GRIT CARDIO	15:00 LES MILLS THE TRIP	15:00 Ⓞ GRIT CARDIO		15:00 Ⓞ GRIT THE TRIP	15:30
16:00	15:45 Ⓞ GRIT ATHLETIC	15:45 LES MILLS sprint	15:45 Ⓞ GRIT ATHLETIC	15:45 LES MILLS sprint	15:45 Ⓞ GRIT ATHLETIC	15:45 LES MILLS sprint	15:45 LES MILLS sprint	16:00
16:30								16:30
17:00	16:30 Ⓞ GRIT STRENGTH	16:30 LES MILLS RPM	16:30 Ⓞ GRIT STRENGTH	16:30 LES MILLS RPM	16:30 Ⓞ GRIT STRENGTH	16:30 Ⓞ GRIT STRENGTH	16:30 Ⓞ GRIT THE TRIP	17:00
17:30	17:15 Ⓞ GRIT CARDIO	17:15 LES MILLS THE TRIP	17:15 Ⓞ GRIT CARDIO	17:15 LES MILLS THE TRIP	17:15 Ⓞ GRIT CARDIO	17:15 Ⓞ GRIT ATHLETIC	17:15 LES MILLS sprint	17:30
18:00								18:00
18:30								18:30
19:00						18:30-19:00 LES MILLS RPM		19:00
19:30		19:00-19:30 LES MILLS GRIT CARDIO			19:30-20:00 LES MILLS GRIT ATHLETIC			19:30
20:00	19:30-20:00 LES MILLS RPM		19:30-20:00 LES MILLS GRIT ATHLETIC					20:00
20:30		20:00-20:30 LES MILLS RPM		20:00-20:30 LES MILLS RPM				20:30
21:00	20:30-21:00 LES MILLS GRIT CARDIO		20:30-21:00 LES MILLS GRIT STRENGTH		20:30-21:00 LES MILLS RPM			21:00
21:30		21:00-21:30 LES MILLS RPM		21:00-21:30 LES MILLS GRIT STRENGTH				21:30
22:00								22:00

色のついたプログラムはライブとなります。HIIT会員様以外はご参加いただけません。
 Ⓞ マークはバーチャルプログラムです。 途中入退出可能で無料でご参加いただけます！