

OCTOBER SCHEDULE

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