ピュアストレングスFLOWER　タイムスケジュール

	月	火	水	木	金	土	日
0:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
1:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT
2:00	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE
3:00	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE
4:00	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP
5:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
6:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT
7:00	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE
8:00	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE
9:00	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP
10:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
11:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT
12:00	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE
13:00	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE
14:00	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP
15:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
16:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT
17:00	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE
18:00	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE
19:00	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP
20:00	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK
21:00	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT
22:00	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE
23:00	LesMills BODYPUMP	LesMills CORE	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYPUMP	LesMills CORE