

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 BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT	LesMILLS BODYPUMP
1:00	Lesmills BODYBALANCE	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE	CORE	LESMILLS BODYCOMBAT	CORE	Lesmills BODYCOMBAT
2:00	BODYCOMBAT	LESMILLS BODYBALANCE	CORE	Lesmills BODYCOMBAT	BODYPUMP	LESMILLS BODYATTACK	BODYBALANCE
3:00	BODYATTACK	CORE	LesMILLS BODYPUMP	Lesmills BODYBALANCE	CORE	BODYPUMP	CORE
4:00	CORE	BODYPUMP	Lesmills BODYCOMBAT	BODYPUMP	BODYBALANCE	BODYCOMBAT	BODYPUMP
5:00	BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE	Lesmills BODYCOMBAT	BODYPUMP	BODYBALANCE	BODYCOMBAT
6:00	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	CORE	BODYCOMBAT	Lesmills BODYATTACK	BODYBALANCE
7:00	LESMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYATTACK	Lesmills BODYCOMBAT	CORE	BODYCOMBAT	Lesmills BODYPUMP
8:00	BODYCOMBAT	Lesmills BODYATTACK	CORE	Lesmills BODYBALANCE	BODYPUMP	CORE	BODYCOMBAT
9:00	LesMILLS BODYATTACK	CORE	BODYPUMP	Lesmills BODYCOMBAT	Lesmills BODYBALANCE	LESMILLS BODYCOMBAT	CORE
10:00	CORE	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYCOMBAT	LESMILLS BODYBALANCE	LesMILLS BODYATTACK
11:00	BODYPUMP	BODYCOMBAT	BODYBALANCE	BODYATTACK	BODYBALANCE	BODYPUMP	BODYBALANCE
12:00	BODYCOMBAT	LESMILLS BODYBALANCE	BODYCOMBAT	CORE	LESMILLS BODYATTACK	LESMILLS BODYBALANCE	BODYCOMBAT
13:00	LESMILLS BODYBALANCE	CORE	LesMILLS BODYATTACK	Lesmills BODYCOMBAT	CORE	BODYCOMBAT	BODYPUMP
14:00	Lesmills BODYCOMBAT	Lesmills BODYCOMBAT	CORE	LESMILLS BODYBALANCE	Lesmills BODYCOMBAT	CORE	Lesmills BODYCOMBAT
15:00	CORE	BODYPUMP	LESMILLS BODYCOMBAT	Lesmills BODYATTACK	LesMILLS BODYBALANCE	BODYPUMP	LESMILLS BODYBALANCE
16:00	BODYATTACK	Lesmills BODYBALANCE	BODYPUMP	LESMILLS BODYCOMBAT	LesMILLS BODYPUMP	LESMILLS BODYCOMBAT	CORE
17:00	LESMILLS BODYBALANCE	BODYCOMBAT	LESMILLS BODYBALANCE	BODYPUMP	Lesmills BODYCOMBAT	Lesmills BODYBALANCE	LESMILLS BODYCOMBAT
18:00	BODYCOMBAT	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT	Lesmills BODYCOMBAT	LESMILLS BODYBALANCE	CORE	LESMILLS BODYBALANCE
19:00	LesMILLS BODYPUMP	LESMILLS BODYCOMBAT	BODYPUMP	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT	LESMILLS BODYCOMBAT	LesMILLS BODYPUMP
20:00	LESMILLS BODYCOMBAT	CORE	LESMILLS BODYCOMBAT	CORE	LesMILLS BODYPUMP	LESMILLS BODYBALANCE	Lesmills BODYCOMBAT
21:00	Lesmills BODYBALANCE	LESMILLS BODYCOMBAT	CORE	BODYPUMP	CORE	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK
22:00	BODYPUMP	LESMILLS BODYBALANCE	Lesmills BODYCOMBAT	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT	BODYPUMP	CORE
23:00	CORE	LesMILLS BODYATTACK	BODYBALANCE	Lesmills BODYCOMBAT	LesMILLS BODYATTACK	Lesmills BODYCOMBAT	Lesmills BODYBALANCE