

	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
10:30	LesMills BODYATTACK 10:30~ 11:00 (30min)	LesMills DANCE 10:30~ 11:00 (30min)	LesMills BODYCOMBAT 10:30~ 11:00 (30min)	LesMills BODYATTACK 10:30~ 11:00 (30min)	LesMills DANCE 10:30~ 11:00 (30min)	LesMills DANCE 10:30~ 11:00 (30min)	LesMills BODYBALANCE 10:30~ 11:00 (30min)
11:00	LesMills BODYBALANCE 11:00~ 11:30 (30min)	LesMills BODYATTACK 11:00~ 11:30 (30min)	LesMills BODYCOMBAT 11:00~ 12:00 (30min)	LesMills BODYBALANCE 11:30~ 12:00 (45min) 定員20名	LesMills DANCE 11:30~ 12:00 (30min)	LesMills BODYBALANCE 11:30~ 12:00 (30min)	LesMills BODYATTACK 11:00~ 11:30 (30min)
11:30	LesMills DANCE 11:30~ 12:00 (30min)	LesMills BODYCOMBAT 11:30~ 12:00 (30min)	LesMills BODYBALANCE 12:00~ 12:30 (30min)	LesMills BODYCOMBAT 12:00~ 12:30 (30min)	LesMills DANCE 12:00~ 12:30 (30min)	LesMills BODYCOMBAT 12:00~ 12:30 (30min)	LesMills BODYBALANCE 11:00~ 11:30 (30min)
12:00	LesMills BODYCOMBAT 12:00~ 12:30 (30min)	LesMills BODYBALANCE 12:00~ 12:30 (30min)	非会員様 1,500円(税込1,650円)	背骨コンディショニング NAMIE 11:30~ 12:15 (45min) 定員20名	LesMills BODYCOMBAT 12:00~ 12:30 (30min)	非会員様 1,500円(税込1,650円)	LesMills BODYCOMBAT 12:00~ 12:30 (30min)
12:30	非会員様 1,500円(税込1,650円)	非会員様 1,500円(税込1,650円)					
13:00	ZUMBA MASUMI 13:00~ 13:45 (45min) 定員25名	エアロビクス KAYO 13:00~ 13:45 (45min) 定員25名		LesMills DANCE 12:45~ 13:15 (30min)	やさしいピラティス KAYO 13:00~ 13:45 (45min) 定員25名		
13:30				LesMills BODYBALANCE 13:15~ 13:45 (30min)			
14:00				LesMills BODYATTACK 13:45~ 14:15 (30min)			
14:30	LesMills BODYATTACK 14:15~ 15:00 (45min)	LesMills BODYBALANCE 14:15~ 15:00 (45min)	LesMills BODYCOMBAT 14:15~ 14:45 (30min)	LesMills DANCE 14:15~ 14:45 (30min)	LesMills BODYATTACK 15:00~ 15:30 (30min)	LesMills BODYBALANCE 15:30~ 16:00 (30min)	LesMills BODYCOMBAT 15:30~ 16:00 (30min)
15:00	LesMills BODYBALANCE 15:00~ 15:30 (30min)	LesMills DANCE 15:00~ 15:30 (30min)	LesMills DANCE 15:00~ 15:30 (30min)	LesMills BODYATTACK 15:30~ 16:00 (30min)	LesMills BODYBALANCE 15:30~ 16:00 (30min)	LesMills DANCE 15:30~ 16:00 (30min)	LesMills BODYCOMBAT 15:30~ 16:00 (30min)
15:30	LesMills DANCE 15:30~ 16:00 (30min)	LesMills BODYATTACK 15:30~ 16:00 (30min)	LesMills BODYBALANCE 16:00~ 16:30 (30min)	LesMills BODYCOMBAT 16:00~ 16:30 (30min)	LesMills BODYATTACK 16:00~ 16:45 (45min)	LesMills BODYBALANCE 16:00~ 16:45 (30min)	LesMills BODYCOMBAT 16:00~ 16:45 (30min)
16:00	LesMills BODYCOMBAT 16:00~ 16:30 (30min)	LesMills GRIT CARDIO 16:00~ 16:30 (30min)	LesMills GRIT CARDIO 16:00~ 16:30 (30min)	LesMills BODYATTACK 16:30~ 17:00 (30min)	LesMills BODYCOMBAT 16:30~ 17:00 (30min)	LesMills GRIT CARDIO 16:30~ 17:00 (30min)	LesMills BODYCOMBAT 16:30~ 17:00 (30min)
16:30	LesMills GRIT CARDIO 16:30~ 17:00 (30min)	LesMills BODYCOMBAT 16:30~ 17:00 (30min)					
17:00							
17:30	LesMills BODYBALANCE 17:30~ 18:00 (30min)	LesMills BODYATTACK 17:30~ 18:00 (30min)	LesMills BODYCOMBAT 17:30~ 18:00 (30min)	LesMills GRIT CARDIO 17:30~ 18:00 (30min)	LesMills BODYATTACK 18:00~ 18:30 (30min)	LesMills BODYBALANCE 18:00~ 18:30 (30min)	LesMills BODYCOMBAT 17:30~ 18:00 (30min)
18:00	LesMills BODYCOMBAT 18:00~ 18:30 (30min)	LesMills DANCE 18:00~ 18:30 (30min)	LesMills GRIT CARDIO 18:00~ 18:30 (30min)	LesMills DANCE 18:30~ 19:00 (30min)	LesMills BODYCOMBAT 18:30~ 19:00 (30min)	LesMills GRIT CARDIO 18:30~ 19:00 (30min)	LesMills DANCE 17:30~ 18:00 (30min)
18:30	LesMills BODYATTACK 18:30~ 19:00 (30min)	LesMills GRIT CARDIO 18:30~ 19:00 (30min)	LesMills BODYATTACK 19:00~ 19:45 (45min)	LesMills BODYATTACK 19:00~ 19:45 (45min)	LesMills BODYCOMBAT 19:00~ 19:45 (45min)	LesMills BODYBALANCE 18:00~ 18:30 (30min)	LesMills BODYATTACK 18:00~ 18:30 (30min)
19:00	非会員様 1,500円(税込1,650円)	LesMills BODYCOMBAT 19:00~ 19:45 (45min)		LesMills BODYATTACK 19:00~ 19:45 (45min)	LesMills BODYCOMBAT 19:00~ 19:45 (45min)	LesMills BODYBALANCE 18:00~ 18:30 (30min)	LesMills BODYATTACK 18:00~ 18:30 (30min)
19:30	ピラティス SHOKO 19:30~ 20:15 (45min) 定員20名	LesMills DANCE 19:45~ 20:30 (45min)	LesMills BODYATTACK 19:45~ 20:30 (45min)	LesMills BODYATTACK 19:45~ 20:15 (30min)	LesMills BODYCOMBAT 20:15~ 21:00 (45min)	ヨガ MINAKO 19:30~ 20:15 (45min) 定員25名	LesMills BODYCOMBAT 17:30~ 18:00 (30min)
20:00	LesMills DANCE 20:30~ 21:00 (30min)	LesMills BODYBALANCE 20:30~ 21:00 (30min)			LesMills DANCE 20:30~ 21:00 (30min)	LesMills BODYBALANCE 18:00~ 18:30 (30min)	LesMills BODYCOMBAT 18:00~ 18:30 (30min)
20:30							
21:00							
21:30							
22:00							
	<p>バーチャルクラス:予約不要です。開始の時間にスタジオにお集まりください。</p> <p>インストラクタークラス:レンブラントフィット24の会員様のご参加は無料です。開始10分前から入場開始いたします。</p> <p>予約はマイページでレッスンの2週間前~開始15分前まで可能です(ご予約優先)。キャンセルは60分前まではマイページから、それ以降はお電話にて受付可能です。</p>						

マイページはこちら▼

バーチャルレッスン
詳細ははこちら▼

