

ピュアストレングスFLOWER タイムスケジュール

	MON	TUE	WED	THU	FRI	SAT	SUN
0:00	LESMILLS BODYCOMBAT	BODYATTACK	Lesmills BODYPUMP	CORE	Lesmills BODYBALANCE	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK
1:00	Lesmills BODYBALANCE	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK	Lesmills BODYPUMP	CORE	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT
2:00	CORE	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK	Lesmills BODYPUMP	CORE	LESMILLS BODYBALANCE
3:00	LESMILLS BODYPUMP	CORE	LESMILLS BODYBALANCE	BODYCOMBAT	LESMILLS BODYATTACK	BODYPUMP	CORE
4:00	LESMILLS BODYATTACK	BODYPUMP	CORE	Lesmills BODYBALANCE	BODYCOMBAT	LESMILLS BODYATTACK	BODYPUMP
5:00	Lesmills BODYCOMBAT	Lesmills BODYATTACK	BODYPUMP	CORE	Lesmills BODYBALANCE	BODYCOMBAT	LESMILLS BODYATTACK
6:00	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	LESMILLS BODYBALANCE	BODYCOMBAT
7:00	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE
8:00	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE
9:00	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP
10:00	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK
11:00	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT
12:00	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE
13:00	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE
14:00	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP
15:00	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK
16:00	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT
17:00	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE
18:00	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE
19:00	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP
20:00	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK
21:00	LesMILLS BODYBALANCE	BODYCOMBAT	LESMILLS BODYATTACK	BODYPUMP	CORE	LESMILLS BODYBALANCE	Lesmills BODYCOMBAT
22:00	CORE	BODYBALANCE	BODYCOMBAT	BODYATTACK	BODYPUMP	CORE	BODYBALANCE
23:00	BODYPUMP	CORE	LESMILLS BODYBALANCE	BODYCOMBAT	LESMILLS BODYATTACK	LesMILLS BODYPUMP	CORE

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