

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