



 CERTEZA Fitness Gym
YAMANASHI

1月 Time Schedule



CERTEZA Fitness Gym
YAMANASHI

10 : 00

10 : 00

OPEN

土

A studio

10:45 LesMILLS BODYATTACK

~ 45

11:30 KOMA

11:45 LesMILLS BODYCOMBAT

~ 60

12:45 MATAN

13:00 LesMILLS BODYSTEP

~

13:45 LesMILLS Shapes

14:15 レズミルズ
ショート

~ 15

14:30 MATAN

15:30 LesMILLS BODYCOMBAT

~ 60

16:30 KOMA

B studio

24日
担当: SHOI17日、31日
13:15~13:45LesMILLS
BODYSTEP

MATAN

10日、24日
13:00~13:45LesMILLS
Shapes

MATAN

LesMILLS RANDOM①

日

A studio

B studio

11:00

~

14:50

17 : 00 C L O S E

18 : 00 C L O S E

1/11		1/18		1/25	
11:30~11:45	11:00~11:45	11:30~11:45	11:30~11:45	11:30~11:45	11:30~11:45
15 KOMA	45 M&K	15 KOMA	Strength Development LesMILLS Shapes	Strength Development LesMILLS Shapes	Strength Development LesMILLS Shapes
Strength Development LesMILLS Shapes	11:45~12:30	12:00~13:00	11:45~12:30	11:45~12:30	11:45~12:30
45 KOMA	60 MATAN	45 KOMA	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT
Strength Development LesMILLS Shapes	13:00~14:00	13:15~13:45	13:00~14:00	13:00~14:00	13:00~14:00
60 MATAN	30 MATAN	60 MATAN	LES MILLS BODYCOMBAT	LES MILLS DANCE	LES MILLS BODYCOMBAT
LES MILLS BODYCOMBAT	14:20~14:50	30 MATAN	14:20~14:50	30 KOMA	14:20~14:50
LES MILLS DANCE			LES MILLS DANCE	LES MILLS DANCE	LES MILLS DANCE



マークのレッスンは入会して3ヶ月およびリハビリで参加される方用のレッスンです