

# レスミルズプログラム タイムテーブル

	月	火	水	木	金	土	日
6:00	CORE	BALANCE	SHBAM	BALANCE	CORE	BALANCE	COMBAT
6:30	BALANCE	CORE	BALANCE	SHBAM	BALANCE	CORE	BALANCE
7:00	PUMP	BALANCE	CORE	BALANCE	SHBAM	BALANCE	CORE
7:30	BALANCE	PUMP	BALANCE	CORE	BALANCE	SHBAM	BALANCE
8:00	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE	SHBAM
8:30	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE
9:00	COMBAT	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE
9:30	BALANCE	COMBAT	BALANCE	CORE	BALANCE	PUMP	BALANCE
10:00	CORE	BALANCE	COMBAT	BALANCE	CORE	BALANCE	PUMP
10:30	BALANCE	CORE	BALANCE	COMBAT	BALANCE	CORE	BALANCE
11:00	SHBAM	BALANCE	CORE	BALANCE	COMBAT	BALANCE	CORE
11:30	BALANCE	SHBAM	BALANCE	CORE	BALANCE	COMBAT	BALANCE
12:00	CORE	BALANCE	SHBAM	BALANCE	CORE	BALANCE	COMBAT
12:30	BALANCE	CORE	BALANCE	SHBAM	BALANCE	CORE	BALANCE
13:00	PUMP	BALANCE	CORE	BALANCE	SHBAM	BALANCE	CORE
13:30	BALANCE	PUMP	BALANCE	CORE	BALANCE	SHBAM	BALANCE
14:00	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE	SHBAM
14:30	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE
15:00	COMBAT	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE
15:30	BALANCE	COMBAT	BALANCE	CORE	BALANCE	PUMP	BALANCE
16:00	CORE	BALANCE	COMBAT	BALANCE	CORE	BALANCE	PUMP
16:30	BALANCE	CORE	BALANCE	COMBAT	BALANCE	CORE	BALANCE
17:00	SHBAM	BALANCE	CORE	BALANCE	COMBAT	BALANCE	CORE
17:30	BALANCE	SHBAM	BALANCE	CORE	BALANCE	COMBAT	BALANCE
18:00	CORE	BALANCE	SHBAM	BALANCE	CORE	BALANCE	COMBAT
18:30	BALANCE	CORE	BALANCE	SHBAM	BALANCE	CORE	BALANCE
19:00	PUMP	BALANCE	CORE	BALANCE	SHBAM	BALANCE	CORE
19:30	BALANCE	PUMP	BALANCE	CORE	BALANCE	SHBAM	BALANCE
20:00	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE	SHBAM
20:30	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE
21:00	PUMP	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE
21:30	BALANCE	PUMP	BALANCE	CORE	BALANCE	PUMP	BALANCE
22:00	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE	PUMP
22:30	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE	BALANCE
23:00	SHBAM	BALANCE	CORE	BALANCE	PUMP	BALANCE	CORE
23:30	BALANCE	SHBAM	BALANCE	CORE	BALANCE	PUMP	BALANCE