

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	SHBAM	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP
6:30	PUMP	SHBAM	BALANCE	CORE	PUMP	BALANCE	CORE
7:00	CORE	PUMP	SHBAM	BALANCE	CORE	PUMP	BALANCE
7:30	BALANCE	CORE	PUMP	SHBAM	BALANCE	CORE	PUMP
8:00	COMBAT	BALANCE	CORE	PUMP	SHBAM	BALANCE	CORE
8:30	SHBAM	COMBAT	BALANCE	CORE	PUMP	SHBAM	BALANCE
9:00	PUMP	SHBAM	COMBAT	BALANCE	CORE	PUMP	SHBAM
9:30	CORE	PUMP	SHBAM	COMBAT	BALANCE	CORE	PUMP
10:00	BALANCE	CORE	PUMP	SHBAM	COMBAT	BALANCE	CORE
10:30	PUMP	BALANCE	CORE	PUMP	SHBAM	COMBAT	BALANCE
11:00	CORE	PUMP	BALANCE	CORE	PUMP	SHBAM	COMBAT
11:30	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP	SHBAM
12:00	PUMP	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP
12:30	CORE	PUMP	BALANCE	CORE	PUMP	BALANCE	BALANCE
13:00	PUMP	CORE	PUMP	PUMP	CORE	PUMP	CORE
13:30	COMBAT	BALANCE	CORE	BALANCE	BALANCE	CORE	PUMP
14:00	SHBAM	COMBAT	BALANCE	CORE	PUMP	BALANCE	CORE
14:30	PUMP	SHBAM	COMBAT	BALANCE	CORE	PUMP	BALANCE
15:00	CORE	PUMP	SHBAM	COMBAT	BALANCE	CORE	PUMP
15:30	BALANCE	CORE	PUMP	SHBAM	COMBAT	BALANCE	CORE
16:00	PUMP	BALANCE	CORE	PUMP	SHBAM	COMBAT	BALANCE
16:30	CORE	PUMP	BALANCE	CORE	PUMP	SHBAM	COMBAT
17:00	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP	SHBAM
17:30	PUMP	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP
18:00	CORE	PUMP	BALANCE	CORE	PUMP	BALANCE	CORE
18:30	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP	BALANCE
19:00	COMBAT	BALANCE	CORE	PUMP	BALANCE	CORE	PUMP
19:30	PUMP	COMBAT	BALANCE	CORE	PUMP	BALANCE	CORE
20:00	BALANCE	PUMP	COMBAT	BALANCE	CORE	PUMP	BALANCE
20:30	CORE	BALANCE	PUMP	COMBAT	BALANCE	CORE	PUMP
21:00	BALANCE	CORE	BALANCE	PUMP	COMBAT	BALANCE	CORE
21:30	PUMP	BALANCE	CORE	BALANCE	PUMP	COMBAT	BALANCE
22:00	COMBAT	PUMP	BALANCE	CORE	BALANCE	PUMP	COMBAT
22:30	CORE	COMBAT	PUMP	BALANCE	CORE	BALANCE	PUMP
23:00	BALANCE	CORE	COMBAT	PUMP	BALANCE	CORE	BALANCE
23:30	PUMP	BALANCE	CORE	COMBAT	PUMP	BALANCE	CORE
0:00	CORE	PUMP	BALANCE	CORE	COMBAT	PUMP	BALANCE
0:30	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT	PUMP
1:00	PUMP	BALANCE	CORE	PUMP	BALANCE	CORE	COMBAT
1:30	CORE	PUMP	BALANCE	CORE	PUMP	BALANCE	CORE