

New Release

LesMILLS **BODYJAM**

No.114

12/22(MON)
14:00～15:00

Akito Abe



LesMILLS **BODYBALANCE**

No.110

12/21(SUN)
13:00～14:00

Taiga Sawaki



LesMILLS **BODYPUMP**

No.135

12/21(SUN)
14:20～15:20

Takumi Wakuno



LesMILLS **BODYCOMBAT**

No.105

12/22(MON)
20:35～21:35

Maiko Yamamoto



LesMILLS **BODYATTACK**

No.130

12/24(WED)
20:45～21:30

Waka Ota

