

Surf Fit渋谷店 Lesson Schedule

更新日2020/2/29

2020/3/1~2020/3/8

	3月1日(日)	3月2日(月)	3月3日(火)	3月4日(水)	3月5日(木)	3月6日(金)	3月7日(土)	3月8日(日)	
10:00	10:00~10:45 Glamorous Hip Aya	定休日	10:30~11:15 Balance Chihiro	10:30~11:15 Beauty Waist Line Riri	10:30~11:15 Glamorous Hip Aya	10:30~11:15 Total Beauty Shoko	10:00~10:45 Beauty Waist Line Chihiro	10:00~10:45 Balance Aya	
11:30	11:15~12:00 Balance Yuri		12:00~12:45 Beauty Waist Line Riri	12:00~12:45 Balance Yuri	12:00~12:45 Total Beauty Yuri	12:00~12:45 CORE Beginner Shoko	11:15~12:00 Total Beauty Akari	11:15~12:00 Basic Akari	
13:00	12:30~13:15 CORE Beginner Aya		13:30~14:30 Advance (members only) Chihiro	13:00~13:45 Night surf mix in Beauty Lower Body 2st Aya	13:00~13:45 Electric Wave 2st Akari	13:30~14:15 Balance Aya	13:30~14:15 Beauty Waist Line Chihiro	12:30~13:30 Advance (members only) Chihiro	12:30~13:15 Glamorous Hip Aya
14:30	13:45~14:30 Circuit Shape Step (members only) Yuri		定休日	13:30~14:15 Total Beauty Akari	13:30~14:15 Balance Aya	13:30~14:15 Balance Aya	14:00~14:45 Glamorous Hip Akari	14:00~14:45 Glamorous Hip Akari	13:45~14:30 Beauty Waist Line Riri
16:00	15:00~15:45 Basic Riri			17:45~18:30 Night surf mix in Beauty Lower Body 2st Riri	17:45~18:30 Glamorous Hip Aya	17:45~18:30 Night surf mix in Balance 2st Chihiro	17:45~18:30 Night surf mix in Beauty Lower Body 2st Riri	15:15~16:00 Total Beauty Yuri	15:00~15:45 Total Beauty Akari
17:00	16:15~17:00 Total Beauty Shoko			19:00~19:45 Balance Aya	19:00~19:45 Total Beauty Fuuka	19:00~19:45 Night surf mix in Balance 2st Shoko	19:00~19:45 Sexy Back Style (members only) Chihiro	16:30~17:15 CORE Beginner Aya	15:30~16:15 Night surf mix in Beauty Lower Body 2st Riri
18:00	17:30~18:15 Beauty Waist Line Riri			19:45~20:30 Electric Wave 2st Akari	19:45~20:30 Night surf mix in Balance 2st Shoko	19:45~20:30 REGGAE MIX (members only) 2st Yuri	19:45~20:30 REGGAE MIX (members only) 2st Yuri	17:45~18:30 Basic Riri	15:30~16:15 Night surf mix in Beauty Lower Body 2st Riri
19:00	18:45~19:30 Top Balance (members only) Chihiro			20:15~21:00 Total Beauty Fuuka	20:15~21:00 Circuit Shape Step (members only) Chihiro	20:15~21:00 Beauty Waist Line Chihiro	19:00~19:45 Balance Aya	19:00~19:45 Basic Riri	16:15~17:00 Sun Energy Yoga Chihiro
20:00	定休日			21:30~22:15 Glamorous Hip Akari	21:30~22:15 CORE Beginner Shoko	21:30~22:15 Top Balance (members only) Yuri	21:30~22:15 Top Balance (members only) Yuri	19:45~20:30 Electric Wave 2st Fuuka	17:30~18:15 Balance Fuuka
21:00				20:15~21:00 Total Beauty Fuuka	20:15~21:00 Circuit Shape Step (members only) Chihiro	20:15~21:00 Beauty Waist Line Chihiro	20:15~21:00 Basic Yuri	19:00~19:45 Balance Aya	17:30~18:15 Balance Fuuka
22:00				21:30~22:15 Glamorous Hip Akari	21:30~22:15 CORE Beginner Shoko	21:30~22:15 Top Balance (members only) Yuri	21:30~22:15 Top Balance (members only) Yuri	21:30~22:15 Beauty Waist Line Riri	18:45~19:30 Circuit Shape Step (members only) Chihiro

Surf Fit渋谷店 Lesson Schedule

更新日2020/2/29

2020/3/9~2020/3/16

	3月9日(月)	3月10日(火)	3月11日(水)	3月12日(木)	3月13日(金)	3月14日(土)	3月15日(日)	3月16日(月)	
10:00	定休日	10:30~11:15 Total Beauty Akari	10:30~11:15 Glamorous Hip Aya	10:30~11:15 Circuit Shape Step (members only) Yuri	10:30~11:15 CORE Beginner Shoko	10:00~10:45 Total Beauty Akari	10:00~10:45 Basic Shoko	定休日	
11:30		12:00~12:45 Glamorous Hip Aya	12:00~12:45 Beauty Waist Line Riri	12:00~12:45 Basic Riri	12:00~12:45 Total Beauty Akari	11:15~12:00 Balance Aya	11:15~12:00 Glamorous Hip Fuuka		
13:00		13:30~14:15 Beauty Waist Line Fuuka	13:00~13:45 Night surf mix in Balance 2st Shoko	13:00~13:45 REGGAE MIX (members only) 2st Yuri	13:00~13:45 Night surf mix in Balance 2st Shoko	13:00~13:45 Night surf mix in Balance 2st Shoko	12:30~13:15 Basic Riri		12:30~13:15 Beauty Waist Line Riri
14:30		定休日	13:30~14:15 Basic Aya	13:30~14:15 Basic Aya	13:30~14:15 Beauty Waist Line Riri	13:30~14:30 Advance (members only) Chihiro	13:45~14:30 CORE Beginner Shoko		13:45~14:30 Total Beauty Fuuka
16:00			17:45~18:30 Night surf mix in Balance 2st Shoko	17:45~18:30 Top Balance (members only) Yuri	17:45~18:30 Night surf mix in Beauty Lower Body 2st Aya	17:45~18:30 Sun Energy Yoga Chihiro	15:00~15:45 Sun Energy Yoga Comingssoon		15:00~15:45 CORE Beginner Shoko
17:00			19:00~19:45 Total Beauty Fuuka	19:00~19:45 Balance Shoko	19:00~19:45 Total Beauty Akari	19:00~19:45 Total Beauty Akari	15:30~16:15 Night surf mix in Beauty Lower Body 2st Shoko		16:15~17:00 Sexy Back Style (members only) Chihiro
18:00			19:45~20:30 REGGAE MIX (members only) 2st Yuri	19:45~20:30 Electric Wave 2st Akari	19:45~20:30 Night surf mix in Balance 2st Chihiro	19:45~20:30 Night surf mix in Balance 2st Fuuka	16:15~17:00 Top Balance (members only) Yuri		17:30~18:15 Basic Riri
19:00			20:15~21:00 CORE Beginner Shoko	20:15~21:00 Beauty Waist Line Chihiro	20:15~21:00 Glamorous Hip Fuuka	20:15~21:00 Balance Aya	17:30~18:15 Total Beauty Shoko		18:45~19:30 Balance Yuri
20:00			21:30~22:15 Balance Yuri	21:30~22:15 Total Beauty Akari	21:30~22:15 Basic Akari	21:30~22:15 Basic Akari	18:45~19:30 Beauty Waist Line Fuuka		

【予約・お問い合わせ・キャンセル受付コールセンター】
 専用ダイヤル：0570-055-302 (平日/土曜 受付時間 8:30~21:00)
 (日曜日/祝日 受付時間 8:30~19:00)
 ※上記受付時間外はお客様のご予約は承っておりません。
 インターネットからのご予約をご利用下さい。(24時間受付)
 ※時間外キャンセル扱いが月に2回以上で、翌月の予約可能回数が1回に制限されます。

◆病気や事故等によりインストラクターに若干の変更がある場合がございます。
 ◆ご予約されたレッスンをキャンセルされる場合は、1時間前迄のお願いをしております。
 ◆当日キャンセルされる場合はレッスン開始の1時間前まではインターネット及びコールセンターにてキャンセルをお受け致します。
 ※レッスン開始時刻1時間前を過ぎてからのキャンセルはお受けいたしかねます。
 ※キャンセル料は発生致しません。が時間外キャンセル扱いとなりますのでご了承下さい。
 ※キャンセル待ち繰上りの設定は予約時に設定お願い致します。

Surf Fit渋谷店 Lesson Schedule

更新日2020/2/29

2020/3/17~2020/3/24

	3月17日(火)	3月18日(水)	3月19日(木)	3月20日(金)	3月21日(土)	3月22日(日)	3月23日(月)	3月24日(火)
10:00	10:30~11:15 Beauty Waist Line Shoko	10:30~11:15 Total Beauty Shoko	10:30~11:15 Sun Energy Yoga Cominnngsoon	10:00~10:45 Balance Aya	10:00~10:45 Basic Riri	10:00~10:45 Beauty Waist Line Shoko	定休日	10:30~11:15 Balance Chihiro
11:30	12:00~12:45 Basic Yuri	12:00~12:45 Beauty Waist Line Fuuka	12:00~12:45 Top Balance (members only) Chihiro	11:15~12:00 Basic Riri	11:15~12:00 Circuit Shape Step (members only) Yuri	11:15~12:00 Total Beauty Fuuka		12:00~12:45 Total Beauty Akari
13:00	13:30~14:15 Total Beauty Shoko	13:30~14:15 Beauty Waist Line Shoko	13:30~14:15 Glamorous Hip Akari	12:30~13:15 Total Beauty Fuuka	12:30~13:15 Beauty Waist Line Riri	12:00~12:45 Night surf mix in Balance 2st Shoko		13:15~14:00 Beauty Waist Line Chihiro
14:30				13:45~14:30 Beauty Waist Line Riri	13:45~14:30 Total Beauty Akari	12:30~13:15 Sun Energy Yoga Cominnngsoon		
16:00				15:00~15:45 Glamorous Hip Aya	15:00~15:45 Balance Aya	13:45~14:30 Glamorous Hip Fuuka		
17:00				15:30~16:15 Night surf mix in Balance 2st Shoko	16:15~17:00 Sexy Back Style (members only) Chihiro	15:00~15:45 Balance Yuri		
18:00		17:45~18:30 Total Beauty Yuri	17:45~18:30 Night surf mix in Balance 2st Shoko	16:15~17:00 Sun Energy Yoga Chihiro	17:30~18:15 Glamorous Hip Akari	16:15~17:00 Basic Riri		17:45~18:30 Night surf mix in Beauty Lower Body 2st Aya
19:00	17:45~18:30 Electric Wave 2st Akari	19:00~19:45 Sexy Back Style (members only) Chihiro	19:00~19:45 Balance Aya	17:30~18:15 Total Beauty Shoko	18:45~19:30 CORE Beginner Aya	17:30~18:15 Top Balance (members only) Yuri		19:00~19:45 Basic Akari
20:00	19:00~19:45 Glamorous Hip Aya	19:45~20:30 Night surf mix in Beauty Lower Body 2st Riri	19:45~20:30 Electric Wave 2st Fuuka	18:45~19:45 Advance (members only) Chihiro		18:45~19:30 Beauty Waist Line Riri		19:45~20:30 Electric Wave 2st Fuuka
21:00	19:45~20:30 Night surf mix in Balance 2st Chihiro							20:15~21:00 Glamorous Hip Aya
22:00	20:15~21:00 Beauty Waist Line Riri	20:15~21:00 Basic Chihiro	20:15~21:00 CORE Beginner Shoko					21:30~22:15 Beauty Waist Line Fuuka
	21:30~22:15 Sun Energy Yoga Cominnngsoon	21:30~22:15 Beauty Waist Line Riri	21:30~22:15 Glamorous Hip Aya					

Surf Fit渋谷店 Lesson Schedule

更新日2020/2/29

2020/3/25~2020/3/31

	3月25日(水)	3月26日(木)	3月27日(金)	3月28日(土)	3月29日(日)	3月30日(月)	3月31日(火)
10:00	10:30~11:15 Basic Akari	10:30~11:15 Balance Aya	10:30~11:15 Glamorous Hip Aya	10:00~10:45 Balance Shoko	10:00~10:45 Total Beauty Yuri	定休日	10:30~11:15 Glamorous Hip Fuuka
11:30	12:00~12:45 Balance Aya	12:00~12:45 Beauty Waist Line Fuuka	12:00~12:45 Balance Shoko	11:15~12:00 Glamorous Hip Akari	11:15~12:00 Basic Akari		12:00~12:45 Top Balance (members only) Yuri
13:00	13:30~14:15 Sun Energy Yoga Cominnngsoon	13:00~13:45 Night surf mix in Beauty Lower Body 2st Aya	13:30~14:15 CORE Beginner Aya	12:00~12:45 REGGAE MIX (members only) 2st Yuri	12:00~12:45 Night surf mix in Beauty Lower Body 2st Yuri		13:30~14:15 Beauty Waist Line Fuuka
14:30		13:15~14:30 Basic Fuuka		12:30~13:15 Total Beauty Shoko	12:30~13:15 Balance Fuuka		
15:00				13:45~14:30 Sun Energy Yoga Cominnngsoon	13:45~14:30 Circuit Shape Step (members only) Riri		
16:00				15:00~15:45 Top Balance (members only) Yuri	15:00~15:45 Glamorous Hip Akari		
18:00		17:45~18:30 Night surf mix in Balance 2st Shoko	17:45~18:30 Night surf mix in Balance 2st Shoko	15:30~16:15 Night surf mix in Beauty Lower Body 2st Aya	15:30~16:15 Night surf mix in Balance 2st Chihiro		17:30~18:15 Night surf mix in Balance 2st Shoko
18:30		19:00~19:45 Circuit Shape Step (members only) Riri	19:00~19:45 Circuit Shape Step (members only) Riri	16:15~17:00 Basic Riri	16:15~17:00 Beauty Waist Line Riri		18:45~19:30 Total Beauty Akari
20:00	17:45~18:30 Glamorous Hip Aya	19:45~20:30 Night surf mix in Balance 2st Shoko	19:45~20:30 REGGAE MIX (members only) 2st Yuri	17:30~18:15 Balance Aya	17:30~18:15 Total Beauty Fuuka		19:45~20:30 Night surf mix in Beauty Lower Body 2st Aya
21:00	19:00~19:45 Beauty Waist Line Fuuka	20:15~21:00 Circuit Shape Step (members only) Riri	20:15~21:00 Beauty Waist Line Fuuka	18:45~19:30 Beauty Waist Line Riri	18:45~19:30 Sexy Back Style (members only) Chihiro		20:00~21:00 Advance (members only) Chihiro
22:00	21:30~22:15 Balance Fuuka	21:30~22:15 Beauty Waist Line Riri	21:30~22:15 Balance Yuri				21:30~22:15 Glamorous Hip Aya