

Surf Fit渋谷店 Lesson Schedule

更新日2020/2/20

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 Fuuka	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		13:30~14:15 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	13:00~13:45 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	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	15:00~15:45 Total Beauty Akari	15:00~15:45 Total Beauty Akari	
17:00	16:15~17:00 Total Beauty Shoko			19:00~19:45 Total Beauty Fuuka	19:00~19:45 Total Beauty Akari	19:00~19:45 Glamorous Hip Akari	19:00~19:45 Sexy Back Style (members only) Chihiro	15:15~16:00 Total Beauty Yuri	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 Night surf mix in Balance 2st Shoko	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	16:30~17:15 CORE Beginner Aya	16:15~17:00 Sun Energy Yoga Chihiro	
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	20:15~21:00 Beauty Waist Line Chihiro	17:45~18:30 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 CORE Beginner Shoko	21:30~22:15 Top Balance (members only) Yuri	18:45~19:30 Balance Aya	17:30~18:15 Balance Fuuka	
21:00				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	18:45~19:30 Beauty Waist Line Fuuka	18:45~19:30 Circuit Shape Step (members only) Chihiro	
22:00				21:30~22:15 Balance Yuri	21:30~22:15 Total Beauty Akari	21:30~22:15 Basic Akari	21:30~22:15 Glamorous Hip Fuuka	21:30~22:15 Beauty Waist Line Riri	18:45~19:30 Balance Fuuka	18:45~19:30 Circuit Shape Step (members only) Chihiro

Surf Fit渋谷店 Lesson Schedule

更新日2020/2/20

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 Glamorous Hip Aya	12:00~12:45 Total Beauty Akari	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 REGGAE MIX (members only) 2st Yuri	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	13:30~14:15 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 Riri	17:45~18:30 Night surf mix in Beauty Lower Body 2st Riri	17:45~18:30 Sun Energy Yoga Chihiro		15:00~15:45 Sun Energy Yoga Cominnsoon	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	19:00~19:45 Glamorous Hip 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 Chihiro	19:45~20:30 Electric Wave 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 Glamorous Hip Fuuka	20:15~21:00 Balance Aya		17:30~18:15 Balance Yuri	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	21:30~22:15 Glamorous Hip Fuuka		18:45~19:30 Beauty Waist Line Fuuka	18:45~19:30 Balance Yuri	
21:00			定休日	21:30~22:15 Balance Yuri	21:30~22:15 Total Beauty Akari	21:30~22:15 Basic Akari	21:30~22:15 Glamorous Hip Fuuka		18:45~19:30 Beauty Waist Line Fuuka	18:45~19:30 Balance Yuri	
22:00				21:30~22:15 Balance Yuri	21:30~22:15 Total Beauty Akari	21:30~22:15 Basic Akari	21:30~22:15 Glamorous Hip Fuuka		21:30~22:15 Glamorous Hip Fuuka	18:45~19:30 Beauty Waist Line Fuuka	18:45~19:30 Balance Yuri

【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電話で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2020/2/20

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	10:00~10:45 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 Balance Aya	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 Night surf mix in Balance 2st Shoko	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	12:30~13:15 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	13:45~14:30 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 Aya			
18:00				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	17:45~18:30 Total Beauty Fuuka	17:45~18:30 Night surf mix in Balance 2st Shoko	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	19:00~19:45 Sexy Back Style (members only) Chihiro	19:00~19:45 Balance Aya	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	19:45~20:30 Night surf mix in Beauty Lower Body 2st Riri	19:45~20:30 Electric Wave 2st Fuuka						20:15~21:00 Glamorous Hip Aya
22:00	20:15~21:00 Beauty Waist Line Riri	20:15~21:00 Basic Fuuka	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2020/2/20

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	13:30~14:15 Beauty Waist Line Fuuka
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			
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 Akari	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	19:00~19:45 Basic Riri	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	19:45~20:30 Night surf mix in Balance 2st Shoko	20:15~21:00 Total Beauty Akari	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	20:15~21:00 Circuit Shape Step (members only) Riri	20:15~21:00 Total Beauty Akari	20:15~21:00 Beauty Waist Line Fuuka					21:30~22:15 Glamorous Hip Aya
	21:30~22:15 Balance Fuuka	21:30~22:15 Beauty Waist Line Riri	21:30~22:15 Balance Yuri					