

# SurfFit 渋谷店 Lesson Schedule

更新日2021/2/3

## 2021/2/1~2021/2/8

	2021/2/1(月)	2021/2/2(火)	2021/2/3(水)	2021/2/4(木)	2021/2/5(金)	2021/2/6(土)	2021/2/7(日)	2021/2/8(月)	
10:30	定休日	10:30~11:15 Beauty Waist Line Riri	10:30~11:15 Circuit Shape Step (members only) Riri		10:30~11:15 Balance Fuuka	10:30~11:15 Power Beat Camp Chihiro	10:30~11:15 BASIC NewMusic Coco	定休日	
12:00		12:00~12:45 Surf HIIT Fuuka	13:00~13:45 BASIC NewMusic Coco		12:00~12:45 Sexy Back Style (members only) Chihiro	12:00~12:45 Circuit Shape Step (members only) Riri	12:00~12:45 Surf HIIT Fuuka		
13:30		13:30~14:15 Total Beauty Riri	13:30~14:15 Glamorous Hip Fuuka		13:30~14:15 BASIC NewMusic Coco	13:30~14:15 Glamorous Hip Fuuka	13:30~14:15 BASIC NewMusic Coco		13:30~14:15 Beauty Waist Line Riri
15:00					15:00~15:45 Balance Miwako	15:00~16:00 Advance (members only) Miwako			
17:00					17:30~18:15 Power Beat Camp Chihiro	17:30~18:15 Total Beauty Riri			
18:00		18:00~18:45 Balance Chihiro	18:00~18:45 Surf HIIT Fuuka		19:00~20:00 Advance (members only) Miwako	18:00~18:45 Total Beauty Riri			
19:30		19:30~20:15 BASIC NewMusic Coco	19:30~20:15 Beauty Waist Line Miwako		19:30~20:15 BASIC NewMusic Coco	19:30~20:15 BASIC NewMusic Coco			
21:00		21:00~21:45 Power Beat Camp Chihiro	21:00~21:45 Sexy Back Style (members only) Chihiro		20:45~21:30 Glamorous Hip Fuuka	21:00~21:45 Beauty Waist Line Miwako			

	2021/2/9(火)	2021/2/10(水)	2021/2/11(木)	2021/2/12(金)	2021/2/13(土)	2021/2/14(日)	2021/2/15(月)	2021/2/16(火)
10:30	10:30~11:15 Top Balance (members only) Miwako	10:30~11:15 Glamorous Hip Miwako	10:30~11:15 Beauty Waist Line Riri	10:30~11:15 CORE Beginner Coco	10:30~11:15 BASIC NewMusic Coco	10:30~11:15 Sexy Back Style (members only) Chihiro	定休日	10:30~11:15 Total Beauty Coco
12:00	12:00~12:45 BASIC NewMusic Coco	13:00~13:45 Power Beat Camp Fuuka	12:00~12:45 BASIC NewMusic Coco	12:00~13:00 Advance (members only) Chihiro	12:00~12:45 Top Balance (members only) Miwako	12:00~12:45 Beauty Waist Line Riri		12:00~12:45 BASIC Coco
13:30	13:30~14:15 SUN ENERGY YOGA Miwako		13:30~14:15 Circuit Shape Step (members only) Riri	13:45~14:30 BASIC NewMusic Coco	13:30~14:15 Total Beauty Coco	13:30~14:15 Surf HIIT Fuuka		13:30~14:15 Power Beat Camp Fuuka
15:00			15:00~15:45 Balance Chihiro		15:00~15:45 Power Beat Camp Fuuka	15:00~15:45 BASIC NewMusic Riri		
17:00			17:30~18:15 Total Beauty Coco		17:30~18:15 Circuit Shape Step (members only) Riri			
18:00	18:00~18:45 Balance Fuuka	18:00~18:45 Sexy Back Style (members only) Chihiro		18:00~18:45 Circuit Shape Step (members only) Riri				18:00~18:45 Glamorous Hip Miwako
19:30	19:30~20:15 Power Beat Camp Chihiro	19:30~20:15 Beauty Waist Line Riri		19:30~20:15 Glamorous Hip Miwako				19:30~20:15 Top Balance (members only) Chihiro
21:00	21:00~21:45 Glamorous Hip Fuuka	21:00~21:45 BASIC NewMusic Coco		21:00~21:45 Total Beauty Riri				21:00~21:45 Balance NewMusic Miwako

・クラスの種別およびインストラクターは予告なしに変更となる場合がございます。詳細はWEBサイトをご確認ください。

・ご予約されたレッスンをキャンセルされる場合は、1時間前迄にお願いしております。

・レッスン開始時刻1時間前を切ったキャンセルは時間外キャンセルとなります。※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。

# SurfFit 渋谷店 Lesson Schedule

更新日2021/2/3

2021/2/17~2021/2/24

	2021/2/17(水)	2021/2/18(木)	2021/2/19(金)	2021/2/20(土)	2021/2/21(日)	2021/2/22(月)	2021/2/23(火)	2021/2/24(水)
10:30	10:30~11:15 Balance NewMusic Miwako		10:30~11:15 SUN ENERGY YOGA Chihiro	10:30~11:15 Total Beauty Coco	10:30~11:15 Surf HIIT Fuuka	定休日	10:30~11:15 Glamorous Hip Fuuka	10:30~11:15 Power Beat Camp Chihiro
12:00			12:00~12:45 Power Beat Camp Chihiro	12:00~12:45 Circuit Shape Step (members only) Riri	12:00~12:45 BASIC Coco		12:00~12:45 Beauty Waist Line Riri	13:00~13:45 BASIC Coco
13:30	13:00~13:45 Glamorous Hip Fuuka		13:30~14:15 BASIC Coco	13:30~14:15 Glamorous Hip Miwako	13:30~14:15 Top Balance (members only) Miwako		13:30~14:15 Balance NewMusic Fuuka	
15:00				15:00~15:45 BASIC Coco	15:00~15:45 CORE Beginner Coco		15:00~15:45 Total Beauty Coco	
17:00		17:30~18:15 Total Beauty Riri		17:30~18:15 Sexy Back Style (members only) Aiko			17:30~18:15 Sexy Back Style (members only) Chihiro	18:00~18:45 Surf HIIT Fuuka
18:00	18:00~18:45 Beauty Waist Line Riri	19:00~19:45 BASIC Coco	18:00~19:00 Advance (members only) Miwako					19:30~20:15 Beauty Waist Line Riri
19:30	19:30~20:30 Advance (members only) Chihiro	20:30~21:15 Sexy Back Style (members only) Chihiro	19:45~20:30 Total Beauty Riri					21:00~22:00 Advance (members only) Miwako
21:00	21:15~22:00 Total Beauty Riri		21:15~22:00 BASIC Fuuka					

	2021/2/25(木)	2021/2/26(金)	2021/2/27(土)	2021/2/28(日)
10:30		10:30~11:15 Balance NewMusic Chihiro	10:30~11:15 Circuit Shape Step (members only) Riri	10:30~11:15 Power Beat Camp Chihiro
12:00		12:00~12:45 Circuit Shape Step (members only) Riri	12:00~12:45 Beauty Waist Line Comingsoon	12:00~12:45 Glamorous Hip Miwako
13:30		13:30~14:15 Power Beat Camp Chihiro	13:30~14:15 Balance NewMusic Chihiro	13:30~14:15 Surf HIIT Fuuka
15:00			15:00~15:45 Glamorous Hip Miwako	15:00~15:45 Balance NewMusic Chihiro
17:00				
	17:30~18:15 Beauty Waist Line Riri		17:30~18:15 Power Beat Camp Chihiro	
18:00		18:00~18:45 Glamorous Hip Miwako		
	19:00~19:45 Power Beat Camp Fuuka			
19:30		19:30~20:15 BASIC Coco		
	20:30~21:15 Top Balance (members only) Wakana			
21:00		21:00~21:45 Balance NewMusic Miwako		

【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

(受付時間 9:00~18:00)