

SurfFit 梅田店 Lesson Schedule

更新日2022/7/5

2022/7/1~2022/7/15

| | 7月1日(金) | 7月2日(土) | 7月3日(日) | 7月4日(月) | 7月5日(火) | 7月6日(水) | 7月7日(木) | 7月8日(金) |
|-------|-----------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------|---------|------------------------------------------------------------|----------------------------------------------------------------|-------------------------------|---------------------------------------|
| 10:30 | 10:30~11:15 Power Beat Camp Riri | 10:30~11:15 Beauty Body Shoko | 10:30~11:15 Circuit Shape Step (members only) Ryo | 定休日 | 10:30~11:15 Balance Ryo | 10:30~11:15 Back&Arm (members only) New Music Riri | 17:30~18:15 Basic Shoko | 10:30~11:15 Step to Burn Kyoka |
| 12:00 | 12:00~12:45 Balance Ryo | 12:00~12:45 Glamorous Hip Riri | 12:00~12:45 Waist&Hip Kyoka | | 12:00~12:45 Basic Riri | 12:00~12:45 Waist Shoko | | 12:00~12:45 Power Beat Camp Ryo |
| 13:30 | 13:30~14:15 Pre SURF Riri | 13:30~14:15 Back&Arm (members only) New Music Shoko | 13:30~14:15 Basic Mao | | 13:30~14:15 Step to Burn Riri | 13:30~14:15 Beauty Body Riri | | 13:30~14:15 Balance Kyoka |
| 15:00 | | 15:00~15:45 Waist Shoko | 15:00~15:45 Step to Burn Riri | | | | | |
| 17:00 | | 16:30~17:15 Surf Yoga Riri | 16:30~17:30 Advance (members only) Kyoka | | | | | |
| 18:00 | 18:00~18:45 Balance Advance (members only) Kyoka | 18:00~18:45 Power Beat Camp Riri | | | 18:00~18:45 Circuit Shape Step (members only) Ryo | 18:00~18:45 Waist&Hip Shoko | | 18:00~18:45 Glamorous Hip Riri |
| 19:30 | 19:30~20:15 Basic Mao | | | | 19:30~20:15 Pre SURF Riri | 19:30~20:30 Advance (members only) Kou | | 19:30~20:15 Surf Pilates Shoko |
| 21:00 | 21:00~21:45 Glamorous Hip Kyoka | | | | 21:00~21:45 Waist&Hip Kyoka | 21:15~22:00 Pre SURF Shoko | | 21:00~21:45 Beauty Body Riri |

| | 7月9日(土) | 7月10日(日) | 7月11日(月) | 7月12日(火) | 7月13日(水) | 7月14日(木) | 7月15日(金) | |
|-------|----------------------------------------------------------------|-----------------------------------------------------------|----------|-----------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------|------------------------------------------------------------|---------------------------------------------------|
| 10:30 | 10:30~11:15 Basic Riri | 10:30~11:15 Waist Ryo | 定休日 | 10:30~11:15 Pre SURF Shoko | 10:30~11:15 Balance Ryo | 17:30~18:15 Glamorous Hip Riri | 10:30~11:15 Glamorous Hip Kyoka | |
| 12:00 | 12:00~13:00 Advance (members only) Shoko | 12:00~12:45 Step to Burn Riri | | 12:00~12:45 Circuit Shape Step (members only) Riri | 12:00~12:45 Surf Pilates Shoko | | 12:00~12:45 Basic Ryo | |
| 13:30 | 13:45~14:30 Waist Ryo | 13:30~14:15 Balance Advance (members only) Shoko | | 13:30~14:15 Waist&Hip Shoko | 13:30~14:15 Power Beat Camp Ryo | | 13:30~14:15 Beauty Body Riri | |
| 15:00 | 15:15~16:00 Waist&Hip Shoko | 15:00~15:45 Power Beat Camp Riri | | | | | | |
| 17:00 | 16:45~17:30 Back&Arm (members only) New Music Riri | 16:30~17:15 Pre SURF Shoko | | | | | | |
| 18:00 | 18:15~19:00 Balance Ryo | | | 18:00~18:45 Beauty Body Kyoka | 18:00~18:45 Balance Advance (members only) Shoko | | 19:00~19:45 Circuit Shape Step (members only) Ryo | 18:00~19:00 Advance (members only) Kyoka |
| 19:30 | | | | 19:30~20:15 Basic Riri | 19:30~20:15 Waist&Hip Kyoka | | 20:30~21:15 Pre SURF Riri | 19:45~20:30 Power Beat Camp Ryo |
| 21:00 | | | | 21:00~21:45 Back&Arm (members only) New Music Kyoka | 21:00~21:45 Step to Burn Riri | | | 21:15~22:00 Surf Yoga Riri |

・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 梅田店 Lesson Schedule

更新日2022/7/5

2022/7/16~2022/7/31

| | 7月16日(土) | 7月17日(日) | 7月18日(月) | 7月19日(火) | 7月20日(水) | 7月21日(木) | 7月22日(金) | 7月23日(土) | | |
|-------|------------------------------------------------------------|---------------------------------------------------|----------|----------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------|
| 10:30 | 10:30~11:15 Pre SURF Riri | 10:30~11:15 Step to Burn Kyoka | 定休日 | 10:30~11:30 Advance (members only) New Music Kyoka | 10:30~11:15 Glamorous Hip Riri | 17:30~18:15 Balance Advance (members only) Kyoka 19:00~19:45 Glamorous Hip Riri 20:30~21:15 Power Beat Camp Ryo | 10:30~11:15 Power Beat Camp Ryo | 10:30~11:15 Waist Shoko | | |
| 12:00 | 12:00~12:45 Balance Ryo | 12:00~12:45 Back&Arm (members only) Riri | | 12:15~13:00 Basic Ryo | 12:00~12:45 Beauty Body Riri | | 12:00~12:45 Step to Burn Riri | 12:00~12:45 Step to Burn Riri | 12:00~12:45 Circuit Shape Step (members only) Riri | |
| 13:30 | 13:30~14:15 Balance Advance (members only) Kyoka | 13:30~14:15 Beauty Body Kyoka | | 13:45~14:30 Surf Yoga Kyoka | 13:30~14:15 Circuit Shape Step (members only) Ryo | | 13:30~14:15 Basic Ryo | 13:30~14:15 Basic Ryo | 13:30~14:15 Waist&Hip Shoko | |
| 15:00 | 15:00~15:45 Waist Riri | 15:00~15:45 Basic Saki | | 休業日 | 18:00~18:45 Waist Kyoka | | 18:00~18:45 Pre SURF Shoko | 18:00~18:45 Waist&Hip Shoko | 18:00~18:45 Waist&Hip Shoko | 15:00~15:45 Back&Arm (members only) Kyoka |
| 17:00 | 16:30~17:15 Waist&Hip Kyoka | 16:30~17:15 Power Beat Camp Riri | | | 19:30~20:15 Balance Ryo | | 19:30~20:15 Step to Burn Kyoka | 19:30~20:15 Pre SURF Riri | 19:30~20:15 Pre SURF Riri | 16:30~17:15 Pre SURF Riri |
| 18:00 | 18:00~18:45 Circuit Shape Step (members only) Ryo | | | | 21:00~21:45 Power Beat Camp Ryo | | 21:00~21:45 Back&Arm (members only) Shoko | 21:00~22:00 Advance (members only) New Music Shoko | 18:00~18:45 Waist&Hip Shoko | 18:00~18:45 Glamorous Hip Kyoka |

| | 7月24日(日) | 7月25日(月) | 7月26日(火) | 7月27日(水) | 7月28日(木) | 7月29日(金) | 7月30日(土) | 7月31日(日) | |
|-------|----------------------------------------------------------------|----------|----------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------|---------------------------------------|------------------------------------------------------------|
| 10:30 | 10:30~11:30 Advance (members only) New Music Kyoka | 定休日 | 休業日 | 10:30~11:15 Balance Advance (members only) Kyoka | 17:30~18:15 Back&Arm (members only) Chihiro 19:00~19:45 Step to Burn Kyoka 20:30~21:15 Basic Kyoka | 10:30~11:15 Step to Burn Kyoka | 10:30~11:15 Basic Saki | 10:30~11:15 Waist&Hip Kyoka | |
| 12:00 | 12:15~13:00 Basic Riri | | | 12:00~12:45 Waist&Hip Shoko | | 12:00~12:45 Glamorous Hip Kyoka | 12:00~12:45 Pre SURF Shoko | 12:00~12:45 Pre SURF Shoko | 12:00~12:45 Balance Advance (members only) Shoko |
| 13:30 | 13:45~14:30 Power Beat Camp Riri | | | 13:30~14:15 Balance Ryo | | 13:30~14:15 Waist Ryo | 13:30~14:15 Waist Ryo | 13:30~14:15 Power Beat Camp Ryo | 13:30~14:15 Step to Burn Kyoka |
| 15:00 | 15:15~16:00 Glamorous Hip Kyoka | | | 15:00~16:00 Advance (members only) New Music Shoko | | 18:00~18:45 Beauty Body Kyoka | 18:00~18:45 Pre SURF Shoko | 18:00~18:45 Pre SURF Shoko | 15:00~15:45 Surf Pilates Shoko |
| 17:00 | 16:45~17:30 Back&Arm (members only) Riri | | | 16:45~17:30 Waist Ryo | | 19:30~20:15 Pre SURF Shoko | 19:30~20:15 Step to Burn Kyoka | 19:30~20:15 Balance Ryo | 16:30~17:15 Circuit Shape Step (members only) Ryo |
| 18:00 | | | | 18:15~19:00 Beauty Body Shoko | | 21:00~21:45 Circuit Shape Step (members only) Ryo | 21:00~21:45 Waist&Hip Chihiro | 21:00~21:45 Waist&Hip Chihiro | |

【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)