

SurfFit 梅田店 Lesson Schedule

更新日2022/8/9

2022/8/1~2022/8/15

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

	8月9日(火)	8月10日(水)	8月11日(木)	8月12日(金)	8月13日(土)	8月14日(日)	8月15日(月)
10:30	10:30~11:15 Surfers High (members only) Comingsoon	10:30~11:15 Pre SURF Hana	10:30~11:15 Waist&Hip Shoko	10:30~11:15 Beauty Body Kyoka	10:30~11:15 Back&Arm (members only) Ryo	10:30~11:15 Waist Ryo	定休日
12:00	12:00~12:45 Pre SURF Hana	12:00~12:45 Power Beat Camp Ryo	12:00~12:45 Balance Advance (members only) Kyoka	12:00~12:45 Glamorous Hip Reina	12:00~12:45 Waist&Hip Shoko	12:00~12:45 Basic Saki	
13:30	13:30~14:15 Balance Reina	13:30~14:15 Circuit Shape Step (members only) Hana	13:30~14:15 Pre SURF Shoko	13:30~14:15 Step to Burn Kyoka	13:30~14:15 Waist Ryo	13:30~14:15 Surfers High (members only) Comingsoon	
15:00			15:00~15:45 Basic Ryo		15:00~15:45 Glamorous Hip Reina	15:00~15:45 Balance Saki	
17:00			16:30~17:15 Surfers High (members only) Comingsoon		16:30~17:15 Balance Advance (members only) Shoko	16:30~17:30 Advance (members only) New Music Kyoka	
18:00	18:00~18:45 Beauty Body Kyoka	18:00~18:45 Surf Pilates Shoko	18:00~18:45 Surf Yoga Kyoka	18:00~18:45 Back&Arm (members only) Ryo	18:00~18:45 Basic Reina		
19:30	19:30~20:15 Circuit Shape Step (members only) Ryo	19:30~20:15 Step to Burn Kyoka		19:30~20:15 Pre SURF Shoko			
21:00	21:00~21:45 Glamorous Hip Reina	21:00~22:00 Advance (members only) New Music Shoko		21:00~21:45 Waist Ryo			

- ・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2022/8/9

2022/8/16~2022/8/31

	8月16日(火)	8月17日(水)	8月18日(木)	8月19日(金)	8月20日(土)	8月21日(日)	8月22日(月)	8月23日(火)
10:30	10:30~11:15 Waist&Hip Shoko	10:30~11:15 Balance Ryo		10:30~11:15 Basic Reina	10:30~11:15 Power Beat Camp Ryo	10:30~11:30 Advance (members only) Shoko	定休日	10:30~11:15 Waist Shoko
12:00	12:00~12:45 Circuit Shape Step (members only) Hana	12:00~12:45 Glamorous Hip Reina		12:00~12:45 Balance Ryo	12:00~12:45 Balance Advance (members only) Comingsoon	12:15~13:00 Beauty Body Hana		12:00~12:45 Basic Saki
13:30	13:30~14:15 Pre SURF Shoko	13:30~14:15 Surfers High (members only) Comingsoon		13:30~14:30 Advance (members only) Kyoka	13:30~14:15 Glamorous Hip Comingsoon	13:45~14:30 Back&Arm (members only) Ryo		13:30~14:15 Waist&Hip Shoko
15:00					15:00~15:45 Basic Comingsoon	15:15~16:00 Pre SURF Shoko		
17:00				17:30~18:15 Balance Reina	16:30~17:15 Step to Burn Kyoka	16:45~17:45 Surffit Fun Meeting (members only) Comingsoon		
18:00	18:00~18:45 Power Beat Camp Ryo	18:00~18:45 Balance Advance (members only) Kyoka		19:00~19:45 Step to Burn Kyoka	18:00~18:45 Surf Yoga Kyoka	18:00~18:45 Back&Arm (members only) Shoko		18:00~18:45 Beauty Body Hana
19:30	19:30~20:15 Beauty Body Hana	19:30~20:15 Surf Pilates Hana		20:30~21:15 Pre SURF Hana	19:30~20:15 Waist Ryo			19:30~20:15 Surfers High (members only) Comingsoon
21:00	21:00~21:45 Back&Arm (members only) Ryo	21:00~21:45 Waist&Hip Kyoka			21:00~21:45 Step to Burn Kyoka			21:00~21:45 Power Beat Camp Hana

	8月24日(水)	8月25日(木)	8月26日(金)	8月27日(土)	8月28日(日)	8月29日(月)	8月30日(火)	8月31日(水)	
10:30	10:30~11:15 Step to Burn Kyoka		10:30~11:15 Pre SURF Shoko	10:30~11:15 Glamorous Hip Reina	10:30~11:15 Waist&Hip Shoko	定休日	10:30~11:15 Balance Advance (members only) Kyoka	10:30~11:15 Basic Reina	
12:00	12:00~12:45 Pre SURF Hana		12:00~12:45 Balance Reina	12:00~12:45 Back&Arm (members only) Ryo	12:00~12:45 Step to Burn Kyoka		12:00~12:45 Glamorous Hip Comingsoon	12:00~12:45 Waist&Hip Kyoka	
13:30	13:30~14:15 Surf Yoga Kyoka		13:30~14:15 Surfers High (members only) Comingsoon	13:30~14:15 Beauty Body Shoko	13:30~14:15 Pre SURF Shoko		13:30~14:15 Waist Comingsoon	13:30~14:15 Circuit Shape Step (members only) Hana	
15:00			17:30~18:30 Advance (members only) Kyoka	15:00~15:45 Circuit Shape Step (members only) Hana	15:00~15:45 Surfers High (members only) Comingsoon				
17:00				16:30~17:15 Balance Ryo	16:30~17:15 Beauty Body Kyoka				
18:00	18:00~18:45 Beauty Body Hana		19:15~20:00 Basic Reina	18:00~18:45 Basic Ryo	18:00~18:45 Waist Hana			18:00~18:45 Balance Reina	18:00~18:45 Step to Burn Kyoka
19:30	19:30~20:15 Power Beat Camp Ryo		20:45~21:30 Glamorous Hip Kyoka	19:30~20:15 Waist&Hip Kyoka				19:30~20:15 Back&Arm (members only) Shoko	19:30~20:30 Surffit Fun Meeting (members only) Comingsoon
21:00	21:00~21:45 Balance Advance (members only) Shoko			21:00~21:45 Power Beat Camp Ryo				21:00~21:45 Basic Reina	21:15~22:00 Surfers High (members only) Comingsoon

【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)