

SurfFit 梅田店 Lesson Schedule

更新日2022/9/20

2022/10/1~2022/10/15

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

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

・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時間前を切った後の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2022/9/20

2022/10/16~2022/10/31

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

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

【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)