

| SurfFit 梅田店 | | 【 01/01 ~ 01/08 】 | | スケジュール | | 2026/01/08 更新 | |
|-------------|--------|-------------------|--------------------|--------|---------------------|---------------|-------|
| 01/01 | 01/02 | 01/03 | 01/04 | 01/05 | 01/06 | 01/07 | 01/08 |
| 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 |
| 年末年始休業 | 年末年始休業 | 営業時間外 | 10:30 ~ 11:15 | 定休日 | 10:30 ~ 11:15 | 10:30 ~ 11:15 | 営業時間外 |
| | | | HipPump | | Pre Basic (体験OK) | Basic (体験OK) | |
| | | | Natsuki | | Natsuki | Haruna | |
| | | | 12:00 ~ 12:45 | | 12:00 ~ 12:45 | 12:00 ~ 12:45 | |
| | | | Legs | | Back&Arm | Back&Chest | |
| | | | Madoka | | Madoka | Madoka | |
| | | | 13:00 ~ 13:45 | | 13:30 ~ 14:15 | 13:15 ~ 13:45 | |
| | | | Beauty Body (体験OK) | | GlamorousHip (体験OK) | | |
| | | | Madoka | | Natsuki | | |
| | | | 14:30 ~ 15:15 | | 15:00 ~ 15:45 | | |
| | | SteptoBurn | Back&Chest | | | | |
| | | Natsuki | Madoka | | | | |
| | | 16:00 ~ 16:30 | 16:30 ~ 17:15 | | 16:00 ~ 16:30 | | |
| | | Balance | Abs (体験OK) | | お試し体験会 | | |
| | | Madoka | Natsuki | | | | |
| | | 17:00 ~ 17:30 | | | 17:00 ~ 17:45 | | |
| | | お試し体験会 | | | GlamorousHip (体験OK) | | |
| | | | | | Mizuki | | |
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| SurfFit 梅田店 | | | 【 | 01/09 | ～ | 01/16 | 】 | スケジュール | | 2026/01/08 | 更新 | |
|------------------------|-----------------------|------------------------|-------|-----------------|-----------------------|---------------|-----------------|----------------|---------------|---------------|---------------|--|
| 01/09 | 01/10 | 01/11 | 01/12 | 01/13 | 01/14 | 01/15 | 01/16 | | | | | |
| 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | | | | | |
| 10:30 ～ 11:15 | 10:30 ～ 11:15 | 10:30 ～ 11:15 | 定休日 | 10:30 ～ 11:15 | 10:30 ～ 11:30 | 営業時間外 | 10:30 ～ 11:15 | | | | | |
| GlamorousHip (体験OK) | HotWorkout | Abs (体験OK) | | PowerBeatCamp | Advance | | Reset&Burn | | | | | |
| Natsuki | Natsuki | Haruna | | Haruna | Natsuki | | Mizuki | | | | | |
| 12:00 ～ 12:45 | 12:00 ～ 12:45 | 12:00 ～ 12:45 | | 12:00 ～ 12:45 | 12:15 ～ 13:00 | | 12:00 ～ 12:45 | | | | | |
| Abs (体験OK) | Abs (体験OK) | CircuitShapeStep | | Legs | Waist (体験OK) | | Waist (体験OK) | | | | | |
| Haruna | Hana | Hana | | Madoka | Haruna | | Haruna | | | | | |
| 13:30 ～ 14:15 | 13:30 ～ 14:15 | 13:30 ～ 14:15 | | 13:30 ～ 14:15 | 13:30 ～ 14:00 | | 13:30 ～ 14:15 | | | | | |
| Waist&Hip | HipPump | Waist&Hip | | Basic (体験OK) | お試し体験会 | | HipPump | | | | | |
| Natsuki | Hana | Hana | | Haruna | | | Mizuki | | | | | |
| 営業時間外 | 15:00 ～ 15:45 | 15:00 ～ 15:45 | | 営業時間外 | 営業時間外 | | 営業時間外 | 17:00 ～ 17:45 | | | | |
| | Beauty Body (体験OK) | Basic (体験OK) | | | | | | | | | | |
| | Madoka | Haruna | | | | | | | | | | |
| | 16:30 ～ 19:00 | 16:30 ～ 17:15 | | | | | | | | | | |
| | SurFam | GlamorousHip (体験OK) | | | | | | | | | | |
| | Natsuki | Natsuki | | | | | | | | | | |
| 営業時間外 | 営業時間外 | 営業時間外 | | | | | | 17:45 ～ 18:15 | | | | |
| | | | | | | | | お試し体験会 | | | | |
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| | | | | | | | | 18:00 ～ 18:45 | 18:00 ～ 18:45 | 18:15 ～ 19:00 | 18:00 ～ 18:45 | |
| | | | | Basic (体験OK) | Beauty Body (体験OK) | Back&Arm | HipPump | Waist&Hip | | | | |
| | | | | Haruna | Madoka | Madoka | Mizuki | Mizuki | | | | |
| | | | | 19:30 ～ 20:15 | 19:30 ～ 20:15 | 19:30 ～ 20:15 | 19:30 ～ 20:15 | 19:30 ～ 20:15 | | | | |
| | | | | Back&Arm | HotWorkout | Pilates×Yoga | Reset&Burn | BalanceAdvance | | | | |
| | | | | Madoka | Ayuka | Natsuki | Mizuki | Natsuki | | | | |
| 21:00 ～ 21:45 | 21:00 ～ 21:45 | 21:00 ～ 21:45 | | 20:45 ～ 21:30 | 21:00 ～ 21:45 | | | | | | | |
| Legs | Back&Chest | Pre Basic (体験OK) | | Basic (体験OK) | SteptoBurn | | | | | | | |
| Madoka | Madoka | Madoka | | Haruna | Natsuki | | | | | | | |

- ・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 | | 【 01/17 ~ 01/24 】 | | スケジュール | | 2026/01/08 更新 | | |
|--------------------|---------------------|-------------------|------------------|------------------|---------------|--------------------|------------------|--|
| 01/17 | 01/18 | 01/19 | 01/20 | 01/21 | 01/22 | 01/23 | 01/24 | |
| 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | |
| 10:30 ~ 11:15 | 10:30 ~ 11:15 | 定休日 | 10:30 ~ 11:15 | 10:30 ~ 11:15 | 営業時間外 | 10:30 ~ 11:15 | 10:30 ~ 11:15 | |
| SteptoBurn | Pilates×Yoga | | Legs | Waist&Hip | | HotWorkout | Basic (体験OK) | |
| Mizuki | Mizuki | | Madoka | Mizuki | | Natsuki | Haruna | |
| 12:00 ~ 12:45 | 12:00 ~ 13:00 | | 12:00 ~ 12:45 | 12:00 ~ 12:45 | | 12:00 ~ 12:45 | 12:00 ~ 12:45 | |
| Beauty Body (体験OK) | Advance | | Pre Basic (体験OK) | Pilates×Yoga | | Reset&Burn | HotWorkout | |
| Madoka | Madoka | | Mizuki | Mizuki | | Natsuki | Mizuki | |
| 13:30 ~ 14:15 | 13:45 ~ 14:30 | | 13:30 ~ 14:15 | 13:15 ~ 13:45 | | 13:30 ~ 14:15 | 13:30 ~ 14:15 | |
| Back&Arm | GlamorousHip (体験OK) | | Back&Chest | お試し体験会 | | Abs (体験OK) | Pre Basic (体験OK) | |
| Madoka | Mizuki | | Madoka | | | Haruna | Madoka | |
| 15:00 ~ 15:45 | 15:15 ~ 16:00 | | 営業時間外 | 営業時間外 | | 営業時間外 | 15:00 ~ 15:45 | |
| Basic (体験OK) | Balance | | | | | | Reset&Burn | |
| Haruna | Madoka | | | | | | Mizuki | |
| 16:30 ~ 17:15 | 16:45 ~ 17:30 | | | | | | 16:30 ~ 17:15 | |
| Reset&Burn | HipPump | | | | | | Legs | |
| Mizuki | Mizuki | | | | | | Madoka | |
| 17:45 ~ 18:15 | 17:45 ~ 18:15 | | | 17:00 ~ 17:45 | 17:45 ~ 18:15 | | | |
| お試し体験会 | お試し体験会 | | | Pre Basic (体験OK) | お試し体験会 | | | |
| | | | | Natsuki | | | | |
| 営業時間外 | 営業時間外 | | 18:00 ~ 18:45 | 18:00 ~ 18:45 | 18:15 ~ 19:00 | 18:00 ~ 18:45 | 営業時間外 | |
| | | | Reset&Burn | Waist (体験OK) | Back&Chest | Beauty Body (体験OK) | | |
| | | | Mizuki | Haruna | Madoka | Madoka | | |
| | | | 19:30 ~ 20:15 | 19:30 ~ 20:30 | 19:30 ~ 20:15 | 19:30 ~ 20:15 | | |
| | | | Basic (体験OK) | Advance | Balance | HipPump | | |
| | | | Haruna | Natsuki | Madoka | Mizuki | | |
| | | | 21:00 ~ 21:45 | 21:15 ~ 22:00 | 20:45 ~ 21:30 | 21:00 ~ 21:45 | | |
| BalanceAdvance | Beauty Body (体験OK) | | Reset&Burn | Pilates×Yoga | | | | |
| Mizuki | Natsuki | | Natsuki | Mizuki | | | | |
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| SurfFit 梅田店 | | 【 01/25 ~ 01/31 】 | | スケジュール | | 2026/01/08 更新 | | |
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| 01/25 | 01/26 | 01/27 | 01/28 | 01/29 | 01/30 | 01/31 | | |
| 日 | 月 | 火 | 水 | 木 | 金 | 土 | | |
| 10:30 ~ 11:15 | 定休日 | 10:30 ~ 11:15 | 10:30 ~ 11:15 | 営業時間外 | 10:30 ~ 11:15 | 10:30 ~ 11:15 | | |
| HipPump | | GlamorousHip (体験OK) | CircuitShapeStep | | Waist&Hip | Waist (体験OK) | | |
| Mizuki | | Mizuki | Mizuki | | Natsuki | Haruna | | |
| 12:00 ~ 12:45 | | 12:00 ~ 12:45 | 12:00 ~ 12:45 | | 12:00 ~ 13:00 | 12:00 ~ 12:45 | | |
| Beauty Body (体験OK) | | Beauty Body (体験OK) | Reset&Burn | | Advance | PowerBeatCamp | | |
| Hana | | Natsuki | Mizuki | | Madoka | Hana | | |
| 13:30 ~ 14:15 | | 13:30 ~ 14:15 | 13:15 ~ 13:45 | | 13:45 ~ 14:30 | 13:30 ~ 14:15 | | |
| Back&Arm | | Pilates×Yoga | お試し体験会 | | Beauty Body (体験OK) | BalanceAdvance | | |
| Hana | | Mizuki | | | Natsuki | Hana | | |
| 15:00 ~ 15:45 | | 営業時間外 | 営業時間外 | | 営業時間外 | 営業時間外 | 15:00 ~ 15:45 | |
| Pre Basic (体験OK) | | | | | | | Beauty Body (体験OK) | |
| Mizuki | | | | | | | Madoka | |
| 16:30 ~ 17:15 | | | | | | | 16:30 ~ 17:15 | |
| PowerBeatCamp | | | | | | | Balance | |
| Haruna | | | | | | | Mizuki | |
| 17:45 ~ 18:15 | | | | | | | | |
| お試し体験会 | | | | | | | | |
| | | | | | | | | |
| 営業時間外 | | 18:00 ~ 18:45 | 18:00 ~ 18:45 | 18:15 ~ 19:00 | 18:00 ~ 18:45 | 営業時間外 | | |
| | | Waist&Hip | GlamorousHip (体験OK) | Abs (体験OK) | Basic (体験OK) | | | |
| | | Natsuki | Natsuki | Haruna | Haruna | | | |
| | | 19:30 ~ 20:15 | 19:30 ~ 20:15 | 19:30 ~ 20:15 | 19:30 ~ 20:15 | | | |
| | | Pre Basic (体験OK) | SteptoBurn | Waist&Hip | CircuitShapeStep | | | |
| | | Natsuki | Natsuki | Mizuki | Mizuki | | | |
| | | 21:00 ~ 21:45 | 21:00 ~ 21:45 | 20:45 ~ 21:30 | 21:00 ~ 21:45 | | | |
| | | PowerBeatCamp | Back&Arm | GlamorousHip (体験OK) | Waist (体験OK) | | | |
| | | Haruna | Madoka | Mizuki | Haruna | | | |

・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時間前迄にお願ひしております。
・レッスン開始時刻1時間前を切つて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。