

# VERUS宇都宮店 6月レッスンスケジュール

|      |  | MON                      |                          |                       |                         | TUE                      |                    |                       |                         | WED                      |                          |                       |                         | THU                     |                          |                       |                         | FRI                      |                          |                       |                         | SAT                      |                          |                       |                         | SUN                      |                     |                         |                         |                         |  |  |
|------|--|--------------------------|--------------------------|-----------------------|-------------------------|--------------------------|--------------------|-----------------------|-------------------------|--------------------------|--------------------------|-----------------------|-------------------------|-------------------------|--------------------------|-----------------------|-------------------------|--------------------------|--------------------------|-----------------------|-------------------------|--------------------------|--------------------------|-----------------------|-------------------------|--------------------------|---------------------|-------------------------|-------------------------|-------------------------|--|--|
|      |  | STUDIO A                 | STUDIO B                 | STUDIO C              | STUDIO D                | STUDIO A                 | STUDIO B           | STUDIO C              | STUDIO D                | STUDIO A                 | STUDIO B                 | STUDIO C              | STUDIO D                | STUDIO A                | STUDIO B                 | STUDIO C              | STUDIO D                | STUDIO A                 | STUDIO B                 | STUDIO C              | STUDIO D                | STUDIO A                 | STUDIO B                 | STUDIO C              | STUDIO D                | STUDIO A                 | STUDIO B            | STUDIO C                | STUDIO D                |                         |  |  |
| 0:00 |  | BODYBALANCE<br>0:00-0:45 | CORE<br>0:00-0:30        | THE TRIP<br>0:00-0:45 | BODYATTACK<br>0:00-0:30 | BODYPUMP<br>0:00-0:30    | CORE<br>0:00-0:45  | sprint<br>0:00-0:30   | barre<br>0:00-0:30      | BODYBALANCE<br>0:00-0:45 | BODYPUMP<br>0:00-0:30    | THE TRIP<br>0:00-0:45 | SHBAM<br>0:00-0:30      | BODYPUMP<br>0:00-0:30   | CORE<br>0:00-0:30        | sprint<br>0:00-0:30   | BODYCOMBAT<br>0:00-0:30 | BODYBALANCE<br>0:00-0:45 | BODYPUMP<br>0:00-0:30    | CORE<br>0:00-0:30     | GRIT<br>0:00-0:30       | BODYBALANCE<br>0:00-0:45 | BODYPUMP<br>0:00-0:30    | sprint<br>0:00-0:30   | SHBAM<br>0:00-0:30      | BODYPUMP<br>0:00-0:30    | CORE<br>0:00-0:30   | GRIT<br>0:00-0:30       |                         |                         |  |  |
| 0:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 1:00 |  | BODYPUMP<br>1:00-1:30    | BODYBALANCE<br>1:00-1:45 | sprint<br>1:00-1:30   | BODYCOMBAT<br>1:00-1:30 | BODYCOMBAT<br>1:00-1:30  | CORE<br>1:00-1:30  | THE TRIP<br>1:00-1:45 | GRIT<br>1:00-1:30       | BODYPUMP<br>1:00-1:30    | CORE<br>1:00-1:30        | THE TRIP<br>1:00-1:45 | barre<br>1:00-1:30      | BODYATTACK<br>1:00-1:30 | BODYPUMP<br>1:00-1:30    | CORE<br>1:00-1:30     | RPM<br>1:00-1:30        | BODYCOMBAT<br>1:00-1:30  | BODYCOMBAT<br>1:00-1:30  | CORE<br>1:00-1:30     | RPM<br>1:00-1:30        | barre<br>1:00-1:30       | BODYCOMBAT<br>1:00-1:30  | BODYPUMP<br>1:00-1:30 | CORE<br>1:00-1:30       | RPM<br>1:00-1:30         | SHBAM<br>1:00-1:30  | GRIT<br>1:00-1:30       |                         |                         |  |  |
| 1:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 2:00 |  | BODYCOMBAT<br>2:00-2:30  | BODYPUMP<br>2:00-2:30    | THE TRIP<br>2:00-2:45 | barre<br>2:00-2:30      | CORE<br>2:00-2:30        | CORE<br>2:00-2:30  | sprint<br>2:00-2:30   | barre<br>2:00-2:30      | BODYCOMBAT<br>2:00-2:30  | barre<br>2:00-2:30       | RPM<br>2:00-2:30      | BODYATTACK<br>2:00-2:30 | BODYPUMP<br>2:00-2:30   | CORE<br>2:00-2:30        | sprint<br>2:00-2:30   | GRIT<br>2:00-2:30       | BODYCOMBAT<br>2:00-2:30  | BODYBALANCE<br>2:00-2:45 | THE TRIP<br>2:00-2:45 | BODYCOMBAT<br>2:00-2:30 | BODYBALANCE<br>2:00-2:45 | CORE<br>2:00-2:30        | THE TRIP<br>2:00-2:45 | BODYCOMBAT<br>2:00-2:30 | BODYBALANCE<br>2:00-2:30 | sprint<br>2:00-2:30 | barre<br>2:00-2:30      |                         |                         |  |  |
| 2:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 3:00 |  | BODYBALANCE<br>3:00-3:45 | CORE<br>3:00-3:30        | sprint<br>3:00-3:30   | SHBAM<br>3:00-3:30      | BODYPUMP<br>3:00-3:30    | barre<br>3:00-3:30 | THE TRIP<br>3:00-3:45 | BODYATTACK<br>3:00-3:30 | BODYBALANCE<br>3:00-3:45 | BODYPUMP<br>3:00-3:30    | sprint<br>3:00-3:30   | GRIT<br>3:00-3:30       | BODYPUMP<br>3:00-3:30   | CORE<br>3:00-3:30        | THE TRIP<br>3:00-3:45 | SHBAM<br>3:00-3:30      | BODYBALANCE<br>3:00-3:45 | CORE<br>3:00-3:30        | sprint<br>3:00-3:30   | BODYATTACK<br>3:00-3:30 | BODYBALANCE<br>3:00-3:45 | CORE<br>3:00-3:30        | RPM<br>3:00-3:30      | SHBAM<br>3:00-3:30      | BODYPUMP<br>3:00-3:30    | sprint<br>3:00-3:30 | BODYATTACK<br>3:00-3:30 |                         |                         |  |  |
| 3:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 4:00 |  | BODYPUMP<br>4:00-4:30    | BODYBALANCE<br>4:00-4:45 | THE TRIP<br>4:00-4:45 | BODYCOMBAT<br>4:00-4:30 | BODYCOMBAT<br>4:00-4:30  | CORE<br>4:00-4:30  | RPM<br>4:00-4:30      | GRIT<br>4:00-4:30       | BODYPUMP<br>4:00-4:30    | CORE<br>4:00-4:30        | THE TRIP<br>4:00-4:45 | SHBAM<br>4:00-4:30      | BODYATTACK<br>4:00-4:30 | BODYPUMP<br>4:00-4:30    | barre<br>4:00-4:30    | SHBAM<br>4:00-4:30      | BODYCOMBAT<br>4:00-4:30  | CORE<br>4:00-4:30        | sprint<br>4:00-4:30   | GRIT<br>4:00-4:30       | BODYCOMBAT<br>4:00-4:30  | CORE<br>4:00-4:30        | sprint<br>4:00-4:30   | BODYATTACK<br>4:00-4:30 | BODYPUMP<br>4:00-4:30    | CORE<br>4:00-4:30   | THE TRIP<br>4:00-4:45   | SHBAM<br>4:00-4:30      |                         |  |  |
| 4:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 5:00 |  | BODYCOMBAT<br>5:00-5:30  | barre<br>5:00-5:30       | RPM<br>5:00-5:30      | GRIT<br>5:00-5:30       | BODYBALANCE<br>5:00-5:45 | CORE<br>5:00-5:30  | THE TRIP<br>5:00-5:45 | BODYATTACK<br>5:00-5:30 | BODYCOMBAT<br>5:00-5:30  | BODYBALANCE<br>5:00-5:45 | sprint<br>5:00-5:30   | barre<br>5:00-5:30      | BODYPUMP<br>5:00-5:30   | CORE<br>5:00-5:30        | SHBAM<br>5:00-5:30    | BODYCOMBAT<br>5:00-5:30 | BODYBALANCE<br>5:00-5:45 | barre<br>5:00-5:30       | sprint<br>5:00-5:30   | BODYATTACK<br>5:00-5:30 | BODYBALANCE<br>5:00-5:45 | CORE<br>5:00-5:30        | RPM<br>5:00-5:30      | SHBAM<br>5:00-5:30      | BODYPUMP<br>5:00-5:30    | sprint<br>5:00-5:30 | BODYATTACK<br>5:00-5:30 | THE TRIP<br>5:00-5:45   | barre<br>5:00-5:30      |  |  |
| 5:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 6:00 |  | BODYBALANCE<br>6:00-6:45 | CORE<br>6:00-6:30        | sprint<br>6:00-6:30   | BODYATTACK<br>6:00-6:30 | BODYPUMP<br>6:00-6:30    | barre<br>6:00-6:30 | RPM<br>6:00-6:30      | barre<br>6:00-6:30      | BODYBALANCE<br>6:00-6:45 | CORE<br>6:00-6:30        | THE TRIP<br>6:00-6:45 | BODYCOMBAT<br>6:00-6:30 | BODYPUMP<br>6:00-6:30   | CORE<br>6:00-6:30        | sprint<br>6:00-6:30   | BODYATTACK<br>6:00-6:30 | BODYBALANCE<br>6:00-6:45 | CORE<br>6:00-6:30        | RPM<br>6:00-6:30      | barre<br>6:00-6:30      | BODYCOMBAT<br>6:00-6:30  | BODYBALANCE<br>6:00-6:45 | CORE<br>6:00-6:30     | THE TRIP<br>6:00-6:45   | BODYCOMBAT<br>6:00-6:30  | CORE<br>6:00-6:30   | sprint<br>6:00-6:30     | BODYATTACK<br>6:00-6:30 |                         |  |  |
| 6:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 7:00 |  | BODYPUMP<br>7:00-7:30    | BODYBALANCE<br>7:00-7:45 | RPM<br>7:00-7:30      | SHBAM<br>7:00-7:30      | BODYCOMBAT<br>7:00-7:30  | CORE<br>7:00-7:30  | sprint<br>7:00-7:30   | SHBAM<br>7:00-7:30      | BODYPUMP<br>7:00-7:30    | CORE<br>7:00-7:30        | RPM<br>7:00-7:30      | GRIT<br>7:00-7:30       | BODYCOMBAT<br>7:00-7:30 | BODYBALANCE<br>7:00-7:45 | THE TRIP<br>7:00-7:45 | barre<br>7:00-7:30      | BODYPUMP<br>7:00-7:30    | barre<br>7:00-7:30       | sprint<br>7:00-7:30   | SHBAM<br>7:00-7:30      | BODYCOMBAT<br>7:00-7:30  | BODYBALANCE<br>7:00-7:45 | CORE<br>7:00-7:30     | THE TRIP<br>7:00-7:45   | BODYCOMBAT<br>7:00-7:30  | CORE<br>7:00-7:30   | sprint<br>7:00-7:30     | BODYATTACK<br>7:00-7:30 | BODYCOMBAT<br>7:00-7:30 |  |  |
| 7:30 |  |                          |                          |                       |                         |                          |                    |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |
| 8:00 |  | BODYCOMBAT<br>8:00-8:30  | BODYPUMP<br>8:00-8:30    | RPM<br>8:00-8:30      | barre<br>8:00-8:30      | CORE<br>8:00-8:45        | CORE<br>           |                       |                         |                          |                          |                       |                         |                         |                          |                       |                         |                          |                          |                       |                         |                          |                          |                       |                         |                          |                     |                         |                         |                         |  |  |