

VERUS宇都宮店 8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																														
0:30	BODYBALANCE	CORE	THE TRIP	BODYATTACK	BODYPUMP	CORE	sprint	barre	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYPUMP	CORE	sprint	BODYCOMBAT	BODYBALANCE	BODYPUMP	THE TRIP	GRIT	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYBALANCE	BODYPUMP	sprint	THE TRIP		
1:00																														
1:30	BODYPUMP	BODYBALANCE	sprint	BODYCOMBAT	BODYCOMBAT	CORE	BODYPUMP	GRIT	BODYPUMP	CORE	THE TRIP	barre	BODYPUMP	CORE	sprint	GRIT	BODYPUMP	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	GRIT		
2:00																														
2:30	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYBALANCE	CORE	sprint	barre	BODYCOMBAT	barre	RPM	BODYATTACK	BODYBALANCE	BODYPUMP	sprint	GRIT	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	sprint	barre		
3:00																														
3:30	BODYBALANCE	CORE	sprint	SHBAM	BODYPUMP	barre	THE TRIP	BODYATTACK	BODYBALANCE	BODYPUMP	sprint	GRIT	BODYPUMP	CORE	THE TRIP	SHBAM	BODYBALANCE	CORE	sprint	BODYATTACK	BODYPUMP	BODYBALANCE	THE TRIP	SHBAM	BODYBALANCE	BODYPUMP	sprint	BODYATTACK		
4:00																														
4:30	BODYCOMBAT	BODYBALANCE	THE TRIP	BODYCOMBAT	BODYCOMBAT	BODYPUMP	RPM	GRIT	BODYPUMP	CORE	THE TRIP	barre	BODYCOMBAT	BODYBALANCE	RPM	barre	BODYPUMP	barre	THE TRIP	BODYCOMBAT	BODYCOMBAT	CORE	sprint	GRIT	BODYCOMBAT	BODYPUMP	CORE	THE TRIP		
5:00																														
5:30	BODYCOMBAT	barre	RPM	GRIT	BODYBALANCE	CORE	THE TRIP	BODYCOMBAT	BODYCOMBAT	SHBAM	sprint	barre	BODYCOMBAT	BODYBALANCE	SHBAM	CORE	sprint	barre	BODYCOMBAT	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	THE TRIP	barre		
6:00																														
6:30	BODYBALANCE	CORE	sprint	BODYATTACK	BODYPUMP	barre	THE TRIP	barre	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYBALANCE	THE TRIP	BODYATTACK	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	sprint	BODYATTACK		
7:00																														
7:30	BODYPUMP	BODYBALANCE	RPM	SHBAM	BODYCOMBAT	BODYPUMP	sprint	SHBAM	BODYCOMBAT	BODYPUMP	CORE	GRIT	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYPUMP	barre	7:00-7:30	SHBAM	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	sprint		
8:00																														
8:30	BODYCOMBAT	BODYPUMP	RPM	barre	BODYBALANCE	CORE	RPM	BODYCOMBAT	BODYCOMBAT	SHBAM	THE TRIP	BODYATTACK	BODYCOMBAT	BODYBALANCE	sprint	GRIT	BODYCOMBAT	CORE	THE TRIP	BODYATTACK	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
9:00																														
9:30	BODYBALANCE	CORE	sprint	SHBAM	BODYPUMP	barre	THE TRIP	BODYATTACK	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYBALANCE	THE TRIP	BODYATTACK	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	sprint	BODYATTACK		
10:00																														
10:30		BODYBALANCE	THE TRIP		初級エアロ	BODYPUMP	sprint		エアロ	サーキット	THE TRIP		初級エアロ	ボディヨガ																
11:00																														
11:30	VERUS YOGA	SHBAM	RPM	キッズ	ZUMBA	BODYCOMBAT	THE TRIP	キッズ	ZUMBA	barre	RPM	キッズ	GROUP CENTERY	SHBAM	sprint	キッズ	ZUMBA	barre	THE TRIP	キッズ	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
12:00																														
12:30	ゆるゆるから	BODYCOMBAT	THE TRIP		GROUP CENTERY	barre	sprint		グループ	THE TRIP			ランダム	BODYPUMP	RPM	THE TRIP														
13:00																														
13:30	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	BODYCOMBAT	BODYBALANCE	CORE	THE TRIP	barre	BODYCOMBAT	BODYBALANCE	sprint	BODYATTACK	BODYCOMBAT	BODYBALANCE	barre	BODYCOMBAT	BODYBALANCE	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
14:00																														
14:30	BODYCOMBAT	barre	sprint	SHBAM	BODYBALANCE	CORE	THE TRIP	BODYCOMBAT	BODYBALANCE	CORE	THE TRIP	barre	BODYCOMBAT	BODYBALANCE	RPM	BODYATTACK	BODYCOMBAT	CORE	sprint	SHBAM	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	sprint	SHBAM		
15:00																														
15:30	BODYBALANCE	CORE	THE TRIP	BODYATTACK	BODYPUMP	BODYBALANCE	sprint	GRIT	BODYBALANCE	barre	RPM	SHBAM	BODYPUMP	CORE	THE TRIP	SHBAM	BODYBALANCE	BODYPUMP	RPM	GRIT	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
16:00																														
16:30	BODYPUMP	BODYBALANCE	GRIT	BODYCOMBAT	BODYCOMBAT	BODYPUMP	RPM	BODYATTACK	BODYCOMBAT	BODYBALANCE	sprint	BODYATTACK	BODYCOMBAT	BODYBALANCE	barre	BODYCOMBAT	barre	THE TRIP	BODYCOMBAT	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM	SHBAM		
17:00																														
17:30	GRIT	THE TRIP			BODYPUMP	sprint	BODYATTACK	BODYCOMBAT	BODYBALANCE	CORE	THE TRIP	BODYATTACK	BODYCOMBAT	BODYBALANCE	RPM	BODYATTACK	BODYCOMBAT	CORE	THE TRIP	BODYATTACK	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
18:00																														
18:30	barre	sprint			2B-23日	CENTERY60	DAIKI		60歳以上の方向け	barre	sprint																			
19:00																														
19:30	BODYPUMP	BODYBALANCE	THE TRIP	body pump	ランダム	CORE	sprint	ランダム	ランダム	CORE	THE TRIP	ランダム	GROUP CENTERY	SHBAM	sprint	ランダム	SHBAM	CORE	THE TRIP	ランダム	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
20:00																														
20:30	ランダム	CORE	sprint	body pump	SALSA	BODYBALANCE	CORE	sprint	ZUMBA	BODYBALANCE	CORE	THE TRIP	GROUP FIGHT	barre	THE TRIP	初級エアロ	ランダム	SHBAM	CORE	THE TRIP	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
21:00																														
21:30	BODYCOMBAT	CORE	THE TRIP	BODYATTACK	GROUP FIGHT	barre	sprint	barre	BODYBALANCE	SHBAM	THE TRIP	tone	BODYCOMBAT	BODYPUMP	GRIT	BODYCOMBAT	BODYBALANCE	THE TRIP	tone	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM	SHBAM		
22:00																														
22:30	BODYPUMP	BODYBALANCE	sprint	BODYCOMBAT	BODYCOMBAT	BODYPUMP	THE TRIP	BODYATTACK	BODYCOMBAT	CORE	sprint	GRIT	BODYCOMBAT	BODYBALANCE	CORE	sprint	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
23:00																														
23:30	BODYCOMBAT	BODYPUMP	RPM	SHBAM	BODYBALANCE	CORE	sprint	BODYCOMBAT	BODYCOMBAT	SHBAM	RPM	BODYATTACK	BODYCOMBAT	BODYBALANCE	RPM	BODYATTACK	BODYCOMBAT	CORE	THE TRIP	BODYATTACK	BODYCOMBAT	BODYBALANCE	THE TRIP	barre	BODYCOMBAT	BODYPUMP	CORE	SHBAM		
24:00																														

スケジュールは予告なく変更する場合がございます