

12月レッスンスケジュール

S 660円 A 550円 B 440円 C 330円 D 220円 E 110円

	MON		TUE		WED		THU		FRI		SAT		SUN												
	A	C	A	C	A	C	A	C	A	C	A	C	A	C											
9:00			2日・16日・30日 肩こりケア 9日・23日 腰痛ケア		ヨガでリフレッシュ MAYUMI 9:00-9:45										9:00										
10:00	15日 9:00-9:30 UBOUND[VR]	筋楽ストレッチ 大岡 9:25-9:45	筋膜リリース 松野 9:25-9:45		ラテンエアロ MASAMI 10:00-10:45	3日・10日・24日 10:00-10:45 BODYCOMBAT[VR]	4日・18日 腰痛ケア 11日・25日 肩こりケア 筋膜リリース 松野 10:25-10:45						7日・14日・28日 10:15-11:15 BODYATTACK[VR]		10:00										
11:00		23日 MACHIKO代行 30日 BODYCOMBAT[VR]			ZUMBA YUUKA 11:00-12:00				ZUMBA Yachi 10:30-11:30		元気カンファ YOU 10:30-11:10		ラテンエアロ MASAMI 10:30-11:15		11:00										
12:00					ZUMBA MACHIKO 11:00-12:00				ZUMBA MACHIKO 11:00-12:00	19日 12:00-13:00 BODYBALANCE[VR]	しなやか体幹太極拳 YOU 11:30-12:10		ZUMBA MACHIKO 11:30-12:30	28日 11:30-12:45	12:00										
13:00			二の腕・背中 シェイプヨガ MAYUMI 12:15-13:25				YOGA BASIC MAYUMI 12:15-13:00		YOGA BASIC MAYUMI 12:00-13:10	27日 BODYPUMP 036		ZUMBA MACHIKO 12:30-13:30			13:00										
14:00	  この時間はバーチャルレッスンを お楽しみください。																14:00								
15:00																									15:00
16:00																									16:00
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18:00																18:00									
19:00		B YOGA BASIC MAYUMI 18:30-19:15	30日 19:00-20:00 BODYATTACK[VR]		10日・17日 HIPHOP 24日 BODYCOMBAT[VR]											19:00									
20:00	S BODYPUMP 高花 優 19:00-20:00	A 二の腕・背中 シェイプヨガ MAYUMI 19:30-20:40	C POPピラティス MI 19:10-19:40		B REEJAM YUUKA 19:00-19:45	BODYATTACK C Heero 19:15-19:45	4日・25日 BODYPUMP[VR]		12日・19日・26日 BODYPUMP[VR]							20:00									
21:00	A BODYCOMBAT 高花 優 20:15-21:00		A SALSATION MI 20:00-21:00	A BODYCOMBAT Heero 19:50-20:50	B ZUMBA YUUKA 20:00-21:00	BODYCOMBAT Heero 20:00-21:00										21:00									
22:00			30日 20:15-21:15 BODYCOMBAT[VR]													22:00									

12月31日(水)~1月3日(土)は年末年始スケジュールとなります。詳細は別紙をご確認ください。

VERUS宇都宮店12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 A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C		
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バーチャルレッスン

12月31日~1月3日は年末年始スケジュールとなります。詳細は別紙をご確認ください。

S A B C D E
660円 550円 440円 330円 220円 110円

年末年始スケジュール

12/31 WED			1/1 THU			1/2 FRI			1/3 SAT		
STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
LES MILLS BODYATTACK 0:00-0:30	LES MILLS BODYCOMBAT 0:00-0:30	S HYPER C 0:00-0:30	LES MILLS BODYPUMP 0:00-0:30	LES MILLS BODYBALANCE 0:30-1:00	S FIGHT DO 0:00-0:30	LES MILLS BODYATTACK 0:00-0:30	LES MILLS DANCE 0:00-0:30	S AERO 0:00-0:30	LES MILLS BODYATTACK 0:15-0:45	LES MILLS DANCE 0:00-0:30	S POWER 0:00-0:30
LES MILLS BODYPUMP 0:45-1:15	LES MILLS DANCE 0:45-1:15	S AERO 0:45-1:15	LES MILLS BODYCOMBAT 0:45-1:15	LES MILLS CORE 0:30-1:00	S UBOUND 0:45-1:15	LES MILLS BODYPUMP 0:45-1:15	LES MILLS BODYATTACK 0:45-1:15	S FIGHT DO 0:45-1:15	LES MILLS BODYPUMP 1:00-1:30	LES MILLS CORE 0:45-1:15	S HYPER C 0:45-1:15
LES MILLS BODYBALANCE 1:30-2:15	LES MILLS CORE 1:30-2:00	S POWER 1:30-2:00	LES MILLS BODYBALANCE 1:30-2:15	LES MILLS DANCE 1:15-1:45	S AERO 1:30-2:00	LES MILLS BODYCOMBAT 1:30-2:00	LES MILLS CORE 1:30-2:00	S POWER 1:30-2:00	LES MILLS BODYBALANCE 1:45-2:30	LES MILLS BODYCOMBAT 1:30-2:00	S UBOUND 1:30-2:00
LES MILLS BODYCOMBAT 2:30-3:00	LES MILLS BODYATTACK 2:15-2:45	S UBOUND 2:15-2:45	LES MILLS BODYPUMP 2:30-3:00	LES MILLS BODYCOMBAT 2:00-2:30	S MEGADANZ 2:15-2:45	LES MILLS BODYBALANCE 2:15-3:00	LES MILLS DANCE 2:15-2:45	S UBOUND 2:15-2:45	LES MILLS BODYPUMP 2:15-2:45	LES MILLS BODYCOMBAT 2:15-2:45	S AERO 2:15-2:45
LES MILLS BODYPUMP 3:15-3:45	LES MILLS DANCE 3:00-3:30	S FIGHT DO 3:00-3:30	LES MILLS BODYATTACK 3:15-3:45	LES MILLS CORE 2:45-3:15	S HYPER C 3:00-3:30	LES MILLS BODYPUMP 3:15-3:45	LES MILLS BODYCOMBAT 3:00-3:30	S MEGADANZ 3:00-3:30	LES MILLS BODYATTACK 2:45-3:15	LES MILLS BODYBALANCE 3:00-3:45	S MEGADANZ 3:00-3:30
LES MILLS BODYATTACK 4:00-4:30	LES MILLS CORE 3:45-4:15	S HYPER C 3:45-4:15	LES MILLS BODYCOMBAT 4:00-4:30	LES MILLS DANCE 3:30-4:00	S AERO 3:45-4:15	LES MILLS BODYATTACK 4:00-4:30	LES MILLS BODYPUMP 3:45-4:15	S HYPER C 3:45-4:15	LES MILLS BODYCOMBAT 3:30-4:00	LES MILLS DANCE 4:00-4:30	S HYPER C 3:45-4:15
LES MILLS BODYCOMBAT 4:45-5:15	LES MILLS DANCE 4:30-5:00	S POWER 4:30-5:00	LES MILLS BODYPUMP 4:45-5:15	LES MILLS CORE 4:15-4:45	S UBOUND 4:30-5:00	LES MILLS BODYBALANCE 4:45-5:30	LES MILLS CORE 4:30-5:00	S FIGHT DO 4:30-5:00	LES MILLS BODYPUMP 4:15-4:45	LES MILLS CORE 4:45-5:15	S FIGHT DO 4:30-5:00
LES MILLS BODYATTACK 5:15-5:45	LES MILLS BODYATTACK 5:15-5:45	S UBOUND 5:15-5:45	LES MILLS BODYBALANCE 5:30-6:15	LES MILLS BODYCOMBAT 5:45-6:15	S FIGHT DO 5:15-5:45	LES MILLS BODYATTACK 5:45-6:15	LES MILLS DANCE 5:15-5:45	S AERO 5:15-5:45	LES MILLS BODYBALANCE 5:00-5:45	LES MILLS BODYCOMBAT 5:30-6:00	S UBOUND 5:15-5:45
LES MILLS BODYBALANCE 6:30-7:00	LES MILLS CORE 6:00-6:30	S MEGADANZ 6:00-6:30	LES MILLS BODYATTACK 6:30-7:00	LES MILLS BODYPUMP 6:30-7:00	S UBOUND 6:00-6:30	LES MILLS BODYCOMBAT 6:30-7:00	LES MILLS BODYPUMP 6:00-6:30	S POWER 6:00-6:30	LES MILLS BODYPUMP 6:00-6:30	LES MILLS DANCE 6:15-6:45	S AERO 6:00-6:30
LES MILLS BODYPUMP 7:15-8:00	LES MILLS BODYCOMBAT 6:45-7:15	S AERO 6:45-7:15	LES MILLS BODYATTACK 7:15-7:45	LES MILLS CORE 6:30-7:00	S POWER 6:45-7:15	LES MILLS BODYPUMP 7:15-7:45	LES MILLS BODYBALANCE 6:45-7:30	S FIGHT DO 6:45-7:15	LES MILLS BODYCOMBAT 6:45-7:15	LES MILLS BODYPUMP 7:00-7:30	S POWER 6:45-7:15
LES MILLS BODYBALANCE 8:15-8:45	LES MILLS BODYPUMP 7:30-8:00	S POWER 7:30-8:00	LES MILLS BODYCOMBAT 7:15-7:45	LES MILLS BODYPUMP 7:15-7:45	S AERO 7:30-8:00	LES MILLS BODYATTACK 7:45-8:30	LES MILLS DANCE 7:45-8:15	S UBOUND 7:30-8:00	LES MILLS BODYATTACK 7:30-8:00	LES MILLS CORE 7:45-8:15	S MEGADANZ 7:30-8:00
LES MILLS BODYATTACK 8:15-8:45	LES MILLS DANCE 8:15-8:45	S FIGHT DO 8:15-8:45	LES MILLS BODYBALANCE 8:00-8:45	LES MILLS GRIT 8:00-8:30	S MEGADANZ 8:15-8:45	LES MILLS BODYCOMBAT 8:00-8:30	LES MILLS BODYATTACK 8:30-9:00	S HYPER C 8:15-8:45	LES MILLS BODYBALANCE 8:15-9:00	LES MILLS BODYPUMP 8:30-9:00	S AERO 8:15-8:45
LES MILLS BODYBALANCE 9:00-10:00	LES MILLS BODYPUMP 9:00-9:30	S UBOUND 9:00-9:30	LES MILLS BODYPUMP 9:00-10:00	LES MILLS CORE 9:30-10:00	S UBOUND 9:00-9:30	LES MILLS BODYBALANCE 9:30-10:15	LES MILLS DANCE 9:15-9:45	S AERO 9:00-9:30	LES MILLS BODYPUMP 9:15-10:15	LES MILLS BODYATTACK 9:15-9:45	S UBOUND 9:45-10:15
LES MILLS BODYCOMBAT 10:15-11:15	LES MILLS GRIT CARDIO 10:30-11:00	S FIGHT DO 10:45-11:15	LES MILLS BODYBALANCE 10:15-11:15	LES MILLS GRIT ATHLETIC 10:15-10:45	S AERO 10:00-10:30	LES MILLS BODYATTACK 10:30-11:30	LES MILLS BODYBALANCE 10:45-11:30	S UBOUND 10:45-11:15	LES MILLS BODYATTACK 10:30-11:30	LES MILLS BODYBALANCE 10:45-11:30	S MEGADANZ 10:30-11:00
LES MILLS BODYATTACK 11:30-12:15	LES MILLS BODYPUMP 11:15-11:45	S UBOUND 11:30-12:00	LES MILLS BODYCOMBAT 11:30-12:30	LES MILLS BODYPUMP 11:45-12:15	S UBOUND 11:30-12:00	LES MILLS BODYCOMBAT 11:45-12:45	LES MILLS CORE 11:45-12:15	S FIGHT DO 11:30-12:00	LES MILLS BODYPUMP 11:45-12:45	LES MILLS DANCE 11:45-12:15	S UBOUND 12:00-12:30
LES MILLS DANCE 12:30-13:15	LES MILLS BODYCOMBAT 12:45-13:15	S HYPER C 12:15-12:45	LES MILLS BODYATTACK 12:45-13:45	LES MILLS BODYCOMBAT 12:30-13:00	S HYPER C 12:15-12:45	LES MILLS BODYATTACK 13:00-13:30	LES MILLS GRIT CARDIO 12:30-13:00	S MEGADANZ 12:15-12:45	LES MILLS BODYCOMBAT 12:30-13:00	LES MILLS BODYBALANCE 13:00-14:00	S HYPER C 12:45-13:15
LES MILLS BODYBALANCE 13:30-14:30	LES MILLS BODYPUMP 13:30-14:00	S AERO 13:00-13:30	LES MILLS BODYCOMBAT 14:00-14:30	LES MILLS BODYBALANCE 14:00-14:45	S UBOUND 13:00-13:30	LES MILLS BODYATTACK 14:30-15:00	LES MILLS BODYCOMBAT 13:15-13:45	S OXIGENO 13:00-13:30	LES MILLS BODYBALANCE 13:00-14:00	LES MILLS BODYBALANCE 13:15-14:00	S UBOUND 13:30-14:00
LES MILLS BODYATTACK 14:45-15:15	LES MILLS CORE 14:15-14:45	S FIGHT DO 14:30-15:00	LES MILLS BODYPUMP 14:45-15:15	LES MILLS CORE 15:00-15:30	S AERO 14:30-15:00	LES MILLS BODYBALANCE 14:30-15:15	LES MILLS BODYATTACK 14:45-15:15	S HYPER C 14:30-15:00	LES MILLS BODYCOMBAT 14:15-15:15	LES MILLS CORE 14:15-14:45	S MEGADANZ 14:15-14:45
LES MILLS BODYPUMP 15:30-16:00	LES MILLS BODYATTACK 15:45-16:15	S OXIGENO 15:15-15:45	LES MILLS BODYCOMBAT 15:30-16:00	LES MILLS BODYATTACK 15:45-16:15	S UBOUND 15:15-15:45	LES MILLS BODYCOMBAT 15:30-16:00	LES MILLS BODYPUMP 15:30-16:00	S UBOUND 15:15-15:45	LES MILLS BODYATTACK 15:30-16:30	LES MILLS BODYBALANCE 15:00-15:45	S FIGHT DO 15:00-15:30
LES MILLS BODYCOMBAT 16:15-16:45	LES MILLS CORE 16:30-17:00	S UBOUND 16:00-16:30	LES MILLS BODYBALANCE 16:15-17:00	LES MILLS BODYCOMBAT 16:30-17:00	S HYPER C 16:00-16:30	LES MILLS BODYATTACK 16:15-16:45	LES MILLS DANCE 16:15-16:45	S OXIGENO 16:00-16:30	LES MILLS BODYATTACK 15:30-16:30	LES MILLS DANCE 16:00-16:30	S HYPER C 15:45-16:15
LES MILLS BODYATTACK 17:00-17:30	LES MILLS BODYCOMBAT 17:15-17:45	S HYPER C 16:45-17:15	LES MILLS BODYPUMP 17:15-17:45	LES MILLS CORE 17:15-17:45	S MEGADANZ 16:45-17:15	LES MILLS BODYBALANCE 17:00-17:45	LES MILLS CORE 17:00-17:30	S MEGADANZ 16:45-17:15	LES MILLS BODYCOMBAT 16:45-17:45	LES MILLS CORE 16:45-17:15	S UBOUND 16:30-17:00
LES MILLS BODYBALANCE 17:45-18:30	LES MILLS DANCE 18:00-18:30	S POWER 18:15-18:45	LES MILLS BODYATTACK 18:00-18:30	LES MILLS BODYPUMP 18:00-18:30	S UBOUND 17:30-18:00	LES MILLS BODYCOMBAT 17:45-18:15	LES MILLS BODYPUMP 17:30-18:00	S UBOUND 17:30-18:00	LES MILLS BODYCOMBAT 16:45-17:45	LES MILLS BODYPUMP 17:30-18:00	S MEGADANZ 17:15-17:45
LES MILLS BODYCOMBAT 18:45-19:45	LES MILLS BODYPUMP 18:45-19:15	S OXIGENO 19:00-19:30	LES MILLS BODYBALANCE 18:45-19:30	LES MILLS BODYCOMBAT 18:45-19:15	S AERO 19:00-19:30	LES MILLS BODYBALANCE 18:45-19:30	LES MILLS BODYATTACK 19:15-19:45	S AERO 18:15-18:45	LES MILLS BODYPUMP 18:30-19:30	LES MILLS BODYCOMBAT 18:15-18:45	S FIGHT DO 18:45-19:15
LES MILLS CORE 19:30-20:00	LES MILLS CORE 19:30-20:00	S UBOUND 19:45-20:15	LES MILLS BODYPUMP 19:45-20:45	LES MILLS DANCE 19:30-20:00	S UBOUND 19:45-20:15	LES MILLS BODYCOMBAT 21:30-22:30	LES MILLS DANCE 20:00-20:30	S FIGHT DO 20:00-20:30	LES MILLS BODYATTACK 19:45-20:15	LES MILLS BODYCOMBAT 20:00-20:30	S HYPER C 20:15-20:45
LES MILLS BODYATTACK 20:00-21:00	LES MILLS BODYBALANCE 20:15-21:00	S AERO 20:30-21:00	LES MILLS CORE 20:15-20:45	LES MILLS CORE 20:15-20:45	S FIGHT DO 20:30-21:00	LES MILLS BODYATTACK 21:15-21:45	LES MILLS BODYCOMBAT 21:30-22:30	S UBOUND 21:45-22:15	LES MILLS BODYCOMBAT 21:30-22:00	LES MILLS CORE 21:30-22:00	S AERO 21:45-22:15
LES MILLS BODYPUMP 21:30-22:30	LES MILLS BODYATTACK 21:15-22:15	S OXIGENO 21:45-22:15	LES MILLS BODYCOMBAT 21:45-22:15	LES MILLS BODYPUMP 21:45-22:15	S AERO 21:45-22:15	LES MILLS BODYATTACK 22:00-22:30	LES MILLS BODYBALANCE 22:00-22:30	S FIGHT DO 22:30-23:00	LES MILLS BODYATTACK 22:15-22:45	LES MILLS BODYPUMP 22:15-22:45	S POWER 22:30-23:00
LES MILLS BODYATTACK 22:45-23:45	LES MILLS BODYBALANCE 23:30-0:15	S AERO 23:15-23:45	LES MILLS CORE 23:15-23:45	LES MILLS BODYCOMBAT 23:15-23:45	S UBOUND 23:15-23:45	LES MILLS BODYATTACK 23:30-24:00	LES MILLS BODYBALANCE 23:00-23:45	S MEGADANZ 23:15-23:45	LES MILLS BODYBALANCE 23:00-23:45	LES MILLS BODYCOMBAT 23:00-23:30	S FIGHT DO 23:15-23:45