

VERUS宇都宮店5月レッスンスケジュール

[illegible]

5月5日(月)と6日(火)は祝日のため特別スケジュールです。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

祝日スケジュール

		5/5 MON				5/6 TUE					
		STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO A	STUDIO B	STUDIO C	STUDIO D		
0:00										0:00	
	0:15	LESSMILLS BODYBALANCE 0:00-0:45	LESSMILLS BODYATTACK		LESSMILLS UBOUND 0:00-0:30	LESSMILLS BODYPUMP 0:00-0:30	LESSMILLS DANCE		LESSMILLS AERO 0:00-0:30		0:15
	0:30		LESSMILLS CORE 0:30-1:00	LESSMILLS RPM 0:15-0:45			LESSMILLS BODYATTACK 0:30-1:00	LESSMILLS THE TRIP 0:15-1:00			0:30
	0:45				LESSMILLS FIGHTDO 0:45-1:15	LESSMILLS BODYCOMBAT 0:45-1:15			LESSMILLS UBOUND 0:45-1:15		0:45
	1:00	LESSMILLS BODYPUMP 1:00-1:30		LESSMILLS sprint 1:00-1:30			LESSMILLS CORE 1:15-1:45	LESSMILLS sprint 1:15-1:45			1:00
1:00	1:15		LESSMILLS DANCE 1:15-1:45		LESSMILLS POWER 1:30-2:00	LESSMILLS BODYATTACK 1:30-2:00			LESSMILLS FIGHTDO 1:30-2:00	1:00	1:15
	1:30										1:30
	1:45	LESSMILLS BODYCOMBAT 1:45-2:15	LESSMILLS BODYPUMP 2:00-2:30	LESSMILLS THE TRIP 1:45-2:30	LESSMILLS AERO 2:15-2:45	LESSMILLS BODYBALANCE 2:15-3:00	LESSMILLS BODYCOMBAT 2:00-2:30	LESSMILLS THE TRIP 2:00-2:45	LESSMILLS MEGADANZ 2:15-2:45		1:45
	2:00										2:00
	2:15	LESSMILLS BODYATTACK 2:30-3:00	LESSMILLS CORE 2:45-3:15	LESSMILLS RPM 2:45-3:15	LESSMILLS MEGADANZ 3:00-3:30	LESSMILLS BODYCOMBAT 3:15-3:45	LESSMILLS DANCE 2:45-3:15	LESSMILLS RPM 3:00-3:30	LESSMILLS POWER 3:00-3:30		2:15
2:00	2:30		LESSMILLS BODYCOMBAT 3:30-4:00	LESSMILLS THE TRIP 3:30-4:15	LESSMILLS UBOUND 3:45-4:15		LESSMILLS BODYPUMP 3:30-4:00			2:00	2:30
	2:45										2:45
	3:00	LESSMILLS BODYBALANCE 3:15-4:00									3:00
	3:15										3:15
	3:30										3:30
3:00	3:45										3:45
	4:00									3:00	4:00
	4:15	LESSMILLS BODYPUMP 4:15-4:45	LESSMILLS DANCE 4:15-4:45	LESSMILLS THE TRIP 4:30-5:15	LESSMILLS HYPER C 4:30-5:00	LESSMILLS BODYBALANCE 4:00-4:45	LESSMILLS DANCE 4:15-4:45		LESSMILLS UBOUND 4:30-5:00		4:15
	4:30										4:30
	4:45										4:45
4:00	5:00	LESSMILLS BODYCOMBAT 5:00-5:30	LESSMILLS CORE 5:00-5:30			LESSMILLS BODYPUMP 5:00-5:30	LESSMILLS CORE 5:00-5:30	LESSMILLS THE TRIP 4:45-5:30		4:00	5:00
	5:15										5:15
	5:30										5:30
	5:45			LESSMILLS sprint 5:30-6:00							5:45
	6:00	LESSMILLS BODYBALANCE 5:45-6:30	LESSMILLS BODYPUMP 5:45-6:15			LESSMILLS BODYATTACK 5:45-6:15	LESSMILLS BODYPUMP 5:45-6:15	LESSMILLS sprint 5:45-6:15			6:00
5:00	6:15									5:00	6:15
	6:30		LESSMILLS BODYCOMBAT 6:30-7:00	LESSMILLS THE TRIP 6:15-7:00	LESSMILLS FIGHTDO 6:45-7:15	LESSMILLS BODYCOMBAT 6:30-7:00	LESSMILLS BODYATTACK 6:30-7:00	LESSMILLS THE TRIP 6:30-7:15	LESSMILLS UBOUND 6:45-7:15		6:30
	6:45	LESSMILLS BODYATTACK 6:45-7:15									6:45
	7:00		LESSMILLS DANCE 7:15-7:45	LESSMILLS RPM 7:15-7:45	LESSMILLS AERO 7:30-8:00	LESSMILLS BODYPUMP 7:15-7:45	LESSMILLS DANCE 7:15-7:45	LESSMILLS RPM 7:30-8:00	LESSMILLS HYPER C 7:30-8:00		7:00
	7:15	LESSMILLS BODYPUMP 7:30-8:00									7:15
6:00	7:30									6:00	7:30
	7:45										7:45
	8:00	LESSMILLS BODYCOMBAT 8:15-8:45	LESSMILLS CORE 8:00-8:30	LESSMILLS THE TRIP 8:00-8:45	LESSMILLS HYPER C 8:15-8:45	LESSMILLS BODYBALANCE 8:00-8:45	LESSMILLS CORE 8:00-8:30	LESSMILLS THE TRIP 8:15-9:00	LESSMILLS POWER 8:15-8:45		8:00
	8:15										8:15
	8:30										8:30
7:00	8:45		LESSMILLS BODYATTACK 8:45-9:15				LESSMILLS BODYCOMBAT 8:45-9:15			7:00	8:45
	9:00										9:00
	9:15	LESSMILLS BODYBALANCE 9:00-9:45		LESSMILLS THE TRIP 9:00-9:45	LESSMILLS UBOUND 9:00-9:30	LESSMILLS BODYATTACK 9:00-9:30			LESSMILLS UBOUND 9:00-9:30		9:15
	9:30										9:30
	9:45		LESSMILLS BODYPUMP 9:30-10:00				LESSMILLS BODYPUMP 9:30-10:00	LESSMILLS THE TRIP 9:15-10:00			9:45
8:00	10:00				LESSMILLS FIGHTDO 9:45-10:15				LESSMILLS FIGHTDO 9:45-10:15	8:00	10:00
	10:15	LESSMILLS BODYCOMBAT 10:00-10:30		LESSMILLS sprint 10:00-10:30							10:15
	10:30		LESSMILLS BODYATTACK 10:15-10:45					LESSMILLS sprint 10:15-10:45			10:30
	10:45				LESSMILLS MEGADANZ 10:30-11:00		LESSMILLS BODYBALANCE 10:15-11:00		LESSMILLS MEGADANZ 10:30-11:00		10:45
	11:00	LESSMILLS BODYBALANCE 10:45-11:30	LESSMILLS BODYCOMBAT 11:00-11:30	LESSMILLS THE TRIP 10:45-11:30							11:00
9:00	11:15									9:00	11:15
	11:30				LESSMILLS HYPER C 11:15-11:45				LESSMILLS UBOUND 11:15-11:45		11:30
	11:45										11:45
	12:00	LESSMILLS BODYATTACK 11:45-12:15	LESSMILLS BODYPUMP 11:45-12:15	LESSMILLS RPM 11:45-12:15							12:00
	12:15				LESSMILLS AERO 12:00-12:30				LESSMILLS OXIGENO 12:00-12:30	12:00	12:15
10:00	12:30										12:30
	12:45		LESSMILLS CORE 12:30-13:00	LESSMILLS THE TRIP 12:30-13:15							12:45
	13:00										13:00
	13:15										13:15
11:00	13:30	LESSMILLS BODYATTACK 13:15-13:45			LESSMILLS FIGHTDO 13:00-13:30				LESSMILLS POWER 13:00-13:30	11:00	13:30
	13:45										13:45
	14:00			LESSMILLS THE TRIP 13:30-14:15	LESSMILLS OXIGENO 13:45-14:15	LESSMILLS BODYATTACK 13:45-14:15		LESSMILLS THE TRIP 13:45-14:30	LESSMILLS UBOUND 13:45-14:15		14:00
	14:15		LESSMILLS DANCE 14:00-14:30								14:15
	14:30	LESSMILLS YOGA BASIC MAYUMI 14:00-14:45					LESSMILLS BODYCOMBAT 14:15-14:45				14:30
12:00	14:45		LESSMILLS CORE 14:45-15:15	LESSMILLS sprint 14:30-15:00	LESSMILLS UBOUND 14:30-15:00	LESSMILLS BODYBALANCE 14:30-15:15		LESSMILLS sprint 14:45-15:15	LESSMILLS HYPER C 14:30-15:00	12:00	14:45
	15:00										15:00
	15:15										15:15
	15:30	LESSMILLS CORE 14:45-15:15									15:30
	15:45	二の腕・背中 シェイプヨガ MAYUMI 15:00-16:10	LESSMILLS DANCE 15:30-16:00	LESSMILLS THE TRIP 15:15-16:00	LESSMILLS MEGADANZ 15:15-15:45			LESSMILLS THE TRIP 15:30-16:15	LESSMILLS UBOUND 15:15-15:45		15:45
13:00	16:00									13:00	16:00
	16:15				LESSMILLS FIGHTDO 16:00-16:30				LESSMILLS OXIGENO 16:00-16:30		16:15
	16:30		LESSMILLS BODYPUMP 16:15-16:45	LESSMILLS RPM 16:15-16:45							16:30
	16:45										16:45
	17:00	LESSMILLS BODYCOMBAT 16:00-17:00			LESSMILLS OXIGENO 16:45-17:15				LESSMILLS POWER 16:45-17:15		17:00
14:00	17:15		LESSMILLS DANCE 17:00-17:30	LESSMILLS THE TRIP 17:00-17:45						14:00	17:15
	17:30	LESSMILLS BODY PUMP 尾花 優 16:45-17:45					LESSMILLS BODYPUMP 17:15-17:45	LESSMILLS THE TRIP 17:15-18:00	LESSMILLS FIGHTDO 17:30-18:00		17:30
	17:45				LESSMILLS UBOUND 17:30-18:00						17:45
	18:00		LESSMILLS CORE 17:45-18:15			LESSMILLS BODYBALANCE 17:45-18:30	LESSMILLS BODYATTACK 18:00-18:30				18:00
	18:15										18:15
15:00	18:30	LESSMILLS BODY COMBAT 尾花 優 18:00-19:00		LESSMILLS THE TRIP 18:00-18:45	LESSMILLS AERO 18:15-18:45			LESSMILLS THE TRIP 18:15-19:00	LESSMILLS MEGADANZ 18:15-18:45	15:00	18:30
	18:45		LESSMILLS DANCE 18:30-19:00								18:45
	19:00										19:00
	19:15			LESSMILLS sprint 19:00-19:30	LESSMILLS FIGHTDO 19:00-19:30	LESSMILLS BODYPUMP 18:45-19:15	LESSMILLS BODYCOMBAT 18:45-19:15		LESSMILLS UBOUND 19:00-19:30		19:15
	19:30		LESSMILLS BODYATTACK 19:15-19:45	LESSMILLS RPM 19:15-19:45				LESSMILLS sprint 19:15-19:45			19:30
16:00	19:45	LESSMILLS BODYBALANCE 19:30-20:15				LESSMILLS BODYBALANCE 19:30-20:15	LESSMILLS CORE 19:30-20:00			16:00	19:45
	20:00		LESSMILLS DANCE 20:00-20:30	LESSMILLS THE TRIP 19:45-20:30	LESSMILLS MEGADANZ 19:45-20:15				LESSMILLS FIGHTDO 19:45-20:15		20:00
	20:15										20:15
	20:30						LESSMILLS BODYPUMP 20:15-20:45	LESSMILLS THE TRIP 20:00-20:45			20:30
	20:45	LESSMILLS BODYPUMP 20:30-21:00				LESSMILLS BODYCOMBAT 20:30-21:00					20:45
17:00	21:00		LESSMILLS BODYPUMP 20:45-21:15	LESSMILLS RPM 20:45-21:15						17:00	21:00
	21:15							LESSMILLS RPM 21:00-21:30	LESSMILLS UBOUND 21:00-21:30		21:15
	21:30				LESSMILLS OXIGENO 21:00-21:30		LESSMILLS BODYBALANCE 21:00-21:45				21:30
	21:45	LESSMILLS BODYATTACK 21:30-22:00	LESSMILLS CORE 21:30-22:00	LESSMILLS THE TRIP 21:30-22:15		LESSMILLS BODYATTACK 21:15-21:45			LESSMILLS HYPER C 21:45-22:15		21:45
	22:00				LESSMILLS UBOUND 21:45-22:15			LESSMILLS THE TRIP 21:45-22:30			22:00
18:00	22:15	LESSMILLS BODYCOMBAT 22:15-22:45	LESSMILLS BODYPUMP 22:15-22:45			LESSMILLS BODYCOMBAT 22:00-22:30	LESSMILLS DANCE 22:00-22:30			18:00	22:15
	22:30			LESSMILLS THE TRIP 22:30-23:15	LESSMILLS AERO 22:30-23:00				LESSMILLS MEGADANZ 22:30-23:00		22:30
	22:45							LESSMILLS sprint 22:45-23:15			22:45
	23:00	LESSMILLS BODYBALANCE 23:00-23:45	LESSMILLS CORE 23:00-23:30		LESSMILLS POWER 23:15-23:45	LESSMILLS BODYBALANCE 22:45-23:30			LESSMILLS UBOUND 23:15-23:45		23:00
	23:15			LESSMILLS sprint 23:30-24:00				LESSMILLS RPM 23:30-24:00			23:15
19:00	23:30		LESSMILLS DANCE							19:00	23:30
	23:45										23:45
	24:00										24:00

通常スケジュールより一部変更しているところがございます。

5月レッスンスケジュール

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

	MON		TUE		WED		THU		FRI		SAT		SUN		
	A	D	A	D	A	D	A	D	A	D	A	D	A	D	
9:00															9:00
10:00		簡単ストレッチ 大場 9:25-9:45	筋膜リリース 松野 9:25-9:45		ヨガでリフレッシュ MAYUMI 9:00-9:45										10:00
11:00			エアロサーキット 神山 10:00-10:45		ラテンエアロ 10:00-10:45				23日-30日のみ ZUMBA® SALSATION Yachi 10:30-11:30		初級エアロ 神山 10:30-11:15		ラテンエアロ MASAMI 10:30-11:15		11:00
12:00	キッズジム 10:00-13:00		キッズジム 10:00-13:00		キッズジム 10:00-13:00		キッズジム 10:00-13:00		キッズジム 10:00-13:00		キッズジム 10:00-13:00		キッズジム 10:00-13:00		12:00
13:00	REEJAM 土屋 13:00-13:45		ZUMBA® YUUKA 11:00-12:00		ZUMBA® MACHIKO 11:00-12:00		ZUMBA® MACHIKO 11:00-12:00		ZUMBA® MACHIKO 11:00-12:00		ZUMBA® MACHIKO 12:30-13:30		ZUMBA® MACHIKO 11:30-12:30		13:00
14:00			YOGA BASIC MAYUMI 12:15-13:00				YOGA BASIC MAYUMI 12:15-13:00		二の腕・背中 シェイプヨガ MAYUMI 12:00-13:10				YOGA BASIC MAYUMI 13:00-13:45		14:00
15:00											体幹美BODYヨガ MAYUMI 14:00-15:10		踊ろう♪ FLOW YOGA MAYUMI 14:00-15:10		15:00
16:00											24日 16:00-16:30 DANCE [VR]		BODYATTACK Heero 15:30-16:15		16:00
17:00											REEJAM 土屋 16:00-16:45		BODYCOMBAT Heero 16:30-17:30		17:00
18:00											ZUMBA® 土屋 17:00-18:00				18:00
19:00															19:00
20:00	BODYPUMP 尾花 優 19:00-20:00	YOGA BASIC MAYUMI 18:30-19:15	POPピラティス MI 19:10-19:40		REEJAM YUUKA 19:00-19:45	BODYATTACK narumi 19:15-19:45	UBOUND narumi 19:00-19:30		BODYPUMP 19:00-19:45						20:00
21:00	BODYCOMBAT 尾花 優 20:15-21:00	二の腕・背中 シェイプヨガ MAYUMI 19:30-20:40	SALSATION MI 20:00-21:00	BODYCOMBAT Heero 19:50-20:50	ZUMBA® YUUKA 20:00-21:00	BODYCOMBAT Heero 20:00-21:00	BODYPUMP 19:50-20:50		BODYATTACK narumi 20:00-21:00						21:00
22:00															22:00



この時間はバーチャルレッスンをお楽しみください。

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