

# VERUS宇都宮店11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 |       |  |
| 0:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 0:00  |  |
| 0:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 0:15  |  |
| 0:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 0:30  |  |
| 0:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 0:45  |  |
| 1:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 1:00  |  |
| 1:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 1:15  |  |
| 1:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 1:30  |  |
| 1:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 1:45  |  |
| 2:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 2:00  |  |
| 2:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 2:15  |  |
| 2:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 2:30  |  |
| 2:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 2:45  |  |
| 3:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 3:00  |  |
| 3:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 3:15  |  |
| 3:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 3:30  |  |
| 3:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 3:45  |  |
| 4:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 4:00  |  |
| 4:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 4:15  |  |
| 4:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 4:30  |  |
| 4:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 4:45  |  |
| 5:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 5:00  |  |
| 5:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 5:15  |  |
| 5:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 5:30  |  |
| 5:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 5:45  |  |
| 6:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 6:00  |  |
| 6:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 6:15  |  |
| 6:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 6:30  |  |
| 6:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 6:45  |  |
| 7:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 7:00  |  |
| 7:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 7:15  |  |
| 7:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 7:30  |  |
| 7:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 7:45  |  |
| 8:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 8:00  |  |
| 8:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 8:15  |  |
| 8:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 8:30  |  |
| 8:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 8:45  |  |
| 9:00  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 9:00  |  |
| 9:15  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 9:15  |  |
| 9:30  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 9:30  |  |
| 9:45  |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 9:45  |  |
| 10:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 10:00 |  |
| 10:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 10:15 |  |
| 10:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 10:30 |  |
| 10:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 10:45 |  |
| 11:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 11:00 |  |
| 11:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 11:15 |  |
| 11:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 11:30 |  |
| 11:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 11:45 |  |
| 12:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 12:00 |  |
| 12:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 12:15 |  |
| 12:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 12:30 |  |
| 12:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 12:45 |  |
| 13:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 13:00 |  |
| 13:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 13:15 |  |
| 13:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 13:30 |  |
| 13:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 13:45 |  |
| 14:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 14:00 |  |
| 14:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 14:15 |  |
| 14:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 14:30 |  |
| 14:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 14:45 |  |
| 15:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 15:00 |  |
| 15:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 15:15 |  |
| 15:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 15:30 |  |
| 15:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 15:45 |  |
| 16:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 16:00 |  |
| 16:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 16:15 |  |
| 16:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 16:30 |  |
| 16:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 16:45 |  |
| 17:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 17:00 |  |
| 17:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 17:15 |  |
| 17:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 17:30 |  |
| 17:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 17:45 |  |
| 18:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 18:00 |  |
| 18:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 18:15 |  |
| 18:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 18:30 |  |
| 18:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 18:45 |  |
| 19:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 19:00 |  |
| 19:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 19:15 |  |
| 19:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 19:30 |  |
| 19:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 19:45 |  |
| 20:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 20:00 |  |
| 20:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 20:15 |  |
| 20:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 20:30 |  |
| 20:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 20:45 |  |
| 21:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 21:00 |  |
| 21:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 21:15 |  |
| 21:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 21:30 |  |
| 21:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 21:45 |  |
| 22:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 22:00 |  |
| 22:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 22:15 |  |
| 22:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 22:30 |  |
| 22:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 22:45 |  |
| 23:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 23:00 |  |
| 23:15 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 23:15 |  |
| 23:30 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 23:30 |  |
| 23:45 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 23:45 |  |
| 24:00 |  |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          |          | 24:00 |  |

バーチャルレッスン

3日・23日・24日は特別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 660円 A 550円 B 440円 C 330円 D 220円 E 110円



# 祝日スケジュール

| 11/3 <small>NOM</small> |                                |                               |                             |
|-------------------------|--------------------------------|-------------------------------|-----------------------------|
|                         | STUDIO A                       | STUDIO B                      | STUDIO C                    |
| 0:00                    |                                |                               |                             |
| 0:15                    | Lesmills BODYBALANCE 0:00-0:45 | Lesmills BODYATTACK           | Lesmills UBOUND 0:00-0:30   |
| 0:30                    |                                | Lesmills CORE 0:30-1:00       |                             |
| 0:45                    |                                |                               | Lesmills FIGHTDO 0:45-1:15  |
| 1:00                    | Lesmills BODYPUMP 1:00-1:30    | Lesmills DANCE 1:15-1:45      |                             |
| 1:15                    |                                |                               | Lesmills POWER 1:30-2:00    |
| 1:30                    | Lesmills BODYCOMBAT 1:45-2:15  | Lesmills BODYPUMP 2:00-2:30   |                             |
| 1:45                    |                                |                               | Lesmills AERO 2:15-2:45     |
| 2:00                    | Lesmills BODYATTACK 2:30-3:00  | Lesmills CORE 2:45-3:15       |                             |
| 2:15                    |                                |                               | Lesmills MEGADANZ 3:00-3:30 |
| 2:30                    | Lesmills BODYBALANCE 3:15-4:00 | Lesmills BODYCOMBAT 3:30-4:00 |                             |
| 2:45                    |                                |                               | Lesmills UBOUND 3:45-4:15   |
| 3:00                    |                                |                               | Lesmills HYPER C 4:30-5:00  |
| 3:15                    |                                |                               |                             |
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| 11/23 <small>NUS</small> |          |          |          |
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|                          | STUDIO A | STUDIO B | STUDIO C |
| 0:00                     |          |          |          |
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# 11月レッスンスケジュール

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660m 550m 440m 330m 220m 110m

|       | MON |   | TUE | WED |   | THU |   | FRI |   | SAT |   | SUN |   |       |
|-------|-----|---|-----|-----|---|-----|---|-----|---|-----|---|-----|---|-------|
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この時間はバーチャルレッスンをお楽しみください。



この時間はバーチャルレッスンをお楽しみください。

3日・23日・24日は特別スケジュールとなります。詳細は別紙をご確認ください。