

VERUS宇都宮店9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

15日(月)、23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

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

祝日スケジュール

9/23		TUE		
	STUDIO A	STUDIO B	STUDIO C	
0:00				0:00
0:15	LES MILLS BODYPUMP 0:00-0:30	LES MILLS DANCE	S AERO 0:00-0:30	0:15
0:30				0:30
0:45	LES MILLS BODYCOMBAT 0:45-1:15	LES MILLS BODYATTACK 0:30-1:00	S UBOUND 0:45-1:15	0:45
1:00				1:00
1:15				1:15
1:30	LES MILLS BODYATTACK 1:30-2:00	LES MILLS CORE 1:15-1:45	S FIGHT DO 1:30-2:00	1:30
1:45				1:45
2:00		LES MILLS BODYCOMBAT 2:00-2:30		2:00
2:15	LES MILLS BODYBALANCE 2:15-3:00		S MEGADANZ 2:15-2:45	2:15
2:30				2:30
2:45		LES MILLS DANCE 2:45-3:15		2:45
3:00			S POWER 3:00-3:30	3:00
3:15	LES MILLS BODYCOMBAT 3:15-3:45			3:15
3:30		LES MILLS BODYPUMP 3:30-4:00		3:30
3:45			S MEGADANZ 3:45-4:15	3:45
4:00	LES MILLS BODYBALANCE 4:00-4:45	LES MILLS DANCE 4:15-4:45		4:00
4:15			S UBOUND 4:30-5:00	4:15
4:30				4:30
4:45				4:45
5:00	LES MILLS BODYPUMP 5:00-5:30	LES MILLS CORE 5:00-5:30	S AERO 5:15-5:45	5:00
5:15				5:15
5:30				5:30
5:45	LES MILLS BODYATTACK 5:45-6:15	LES MILLS BODYPUMP 5:45-6:15		5:45
6:00			S FIGHT DO 6:00-6:30	6:00
6:15				6:15
6:30	LES MILLS BODYCOMBAT 6:30-7:00	LES MILLS BODYATTACK 6:30-7:00		6:30
6:45			S UBOUND 6:45-7:15	6:45
7:00				7:00
7:15	LES MILLS BODYPUMP 7:15-7:45	LES MILLS DANCE 7:15-7:45	S HYPER C 7:30-8:00	7:15
7:30				7:30
7:45				7:45
8:00		LES MILLS CORE 8:00-8:30	S POWER 8:15-8:45	8:00
8:15	LES MILLS BODYBALANCE 8:00-8:45			8:15
8:30				8:30
8:45				8:45
9:00		LES MILLS BODYCOMBAT 8:45-9:15		9:00
9:15			S UBOUND 9:00-9:30	9:15
9:30	LES MILLS BODYATTACK 9:00-10:00			9:30
9:45		LES MILLS BODYPUMP 9:30-10:00		9:45
10:00				10:00
10:15			S OXIGENO 10:00-10:30	10:15
10:30	LES MILLS BODYPUMP 10:15-11:15	LES MILLS BODYBALANCE 10:15-11:00		10:30
10:45			S UBOUND 10:45-11:15	10:45
11:00				11:00
11:15				11:15
11:30		LES MILLS GRIT ATHLETIC 11:15-11:45		11:30
11:45	LES MILLS DANCE 11:30-12:00		S FIGHT DO 11:30-12:00	11:45
12:00				12:00
12:15		LES MILLS BODYPUMP 12:00-12:30		12:15
12:30	LES MILLS BODYBALANCE 12:15-13:00		S AERO 12:15-12:45	12:30
12:45				12:45
13:00		LES MILLS DANCE 12:45-13:15		13:00
13:15			S POWER 13:00-13:30	13:15
13:30				13:30
13:45		LES MILLS CORE 13:30-14:00		13:45
14:00	SP BODY COMBAT TEC&60 尾花 & 遠藤 13:30-15:00	LES MILLS BODYCOMBAT 14:15-14:45	S UBOUND 13:45-14:15	14:00
14:15				14:15
14:30			S HYPER C 14:30-15:00	14:30
14:45				14:45
15:00				15:00
15:15		S GRIT 15:00-15:30		15:15
15:30			S UBOUND 15:15-15:45	15:30
15:45	S BODY PUMP 尾花 優 15:30-16:30	LES MILLS DANCE 15:45-16:15		15:45
16:00			S OXIGENO 16:00-16:30	16:00
16:15				16:15
16:30				16:30
16:45		LES MILLS CORE 16:30-17:00		16:45
17:00			S POWER 16:45-17:15	17:00
17:15				17:15
17:30	SP BODY COMBAT TEC&60 尾花 & 遠藤 16:50-18:20	LES MILLS BODYPUMP 17:15-17:45		17:30
17:45			S FIGHT DO 17:30-18:00	17:45
18:00		LES MILLS BODYATTACK 18:00-18:30		18:00
18:15			S MEGADANZ 18:15-18:45	18:15
18:30				18:30
18:45				18:45
19:00		LES MILLS BODYCOMBAT 18:45-19:15		19:00
19:15			S UBOUND 19:00-19:30	19:15
19:30	LES MILLS BODYBALANCE 19:00-20:00			19:30
19:45		LES MILLS CORE 19:30-20:00		19:45
20:00				20:00
20:15			S FIGHT DO 19:45-20:45	20:15
20:30	LES MILLS DANCE 20:15-21:00	LES MILLS BODYPUMP 20:15-20:45		20:30
20:45				20:45
21:00				21:00
21:15		LES MILLS BODYBALANCE 21:00-21:45	S UBOUND 21:00-21:30	21:15
21:30	LES MILLS BODYATTACK 21:15-21:45			21:30
21:45				21:45
22:00	LES MILLS BODYCOMBAT 22:00-22:30	LES MILLS DANCE 22:00-22:30	S HYPER C 21:45-22:15	22:00
22:15				22:15
22:30			S MEGADANZ 22:30-23:00	22:30
22:45		LES MILLS BODYATTACK 22:45-23:15		22:45
23:00	LES MILLS BODYBALANCE 22:45-23:30		S UBOUND 23:15-23:45	23:00
23:15				23:15
23:30				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。

9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	C	A	C	A	C	A	C	A	C	A	C	A	C	
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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。

5日(月)、23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。