

REDY'S GYM 渋谷店		【 08/01 ~ 08/08 】		スケジュール		2026/07/21 更新		
08/01	08/02	08/03	08/04	08/05	08/06	08/07	08/08	
土	日	月	火	水	木	金	土	
10:00 ~ 11:00	10:00 ~ 11:00	CLOSE	10:00 ~ 11:00	10:00 ~ 11:00	CLOSE	10:00 ~ 10:30	10:00 ~ 11:00	
BACK & ARMS	BOOTY & LEGS (体験OK)		PRE ADVANCE (上級者)	FULL BODY BURN Lv.2		BOOTY	LEGS & LOWER ABS (体験OK)	
CHIIHIRO.Y	LEE		CHIIHIRO.Y	LEE		FUKA	CHIIHIRO.Y	
11:30 ~ 12:30	11:30 ~ 12:30		11:30 ~ 12:30	11:30 ~ 12:00		11:30 ~ 12:30	11:30 ~ 12:30	
BASIC (体験OK)	THE TRAINING		LEGS & LOWER ABS (体験OK)	CHEST & BACK		FULL BODY BURN Lv.1	BOOTY & LEGS (体験OK)	
LEE	CHIIHIRO.Y		FUKA	CHIIHIRO.Y		CHINATSU	CHINATSU	
13:00 ~ 13:30	13:00 ~ 14:00		13:00 ~ 14:00	12:30 ~ 13:00		13:00 ~ 14:00	13:00 ~ 14:00	
BOOTY	KUBIRE WORKOUT (体験OK)		THE TRAINING	お試し体験会		WAIST & BOOTY	BACK & ARMS	
CHIIHIRO.Y	LEE		CHIIHIRO.Y			FUKA	CHINATSU	
14:30 ~ 15:30	14:30 ~ 15:30		CLOSE	CLOSE		CLOSE	14:30 ~ 15:30	
LEGS & LOWER ABS (体験OK)	ADVANCE						PRE ADVANCE (上級者)	
LEE	CHIIHIRO.Y						CHIIHIRO.Y	
16:00 ~ 17:00	16:00 ~ 17:00						16:00 ~ 16:30	
FULL BODY BURN Lv.2	WAIST & BOOTY		16:30 ~ 17:30	16:30 ~ 17:00		16:30 ~ 17:00	ABS (体験OK)	
CHIIHIRO.Y	LEE		KUBIRE WORKOUT (体験OK)	お試し体験会		ADVANCE	CHINATSU	
17:30 ~ 18:30	17:30 ~ 18:00		LEE			LEE	THE TRAINING	
WAIST & BOOTY	CHEST & BACK		18:00 ~ 19:00	18:00 ~ 18:30		18:00 ~ 19:00	CHIIHIRO.Y	
LEE	CHIIHIRO.Y		FULL BODY BURN Lv.1	ABS (体験OK)		LEGS & LOWER ABS (体験OK)	CLOSE	
CLOSE	18:00 ~ 18:30		CHINATSU	CHINATSU		COMING SOON		
	CLOSE		19:30 ~ 20:30	19:30 ~ 20:30		19:30 ~ 20:30		

REDY'S GYM 渋谷店		【 08/17 ~ 08/24 】		スケジュール		2026/07/21 更新							
08/17	08/18	08/19	08/20	08/21	08/22	08/23	08/24						
月	火	水	木	金	土	日	月						
CLOSE	10:00 ~ 11:00 FULL BODY BURN Lv.1 CHINATSU	10:00 ~ 11:00 PRE ADVANCE (上級者) FUKA	CLOSE	10:00 ~ 11:00 LEGS & LOWER ABS (体験OK) CHIIHIRO.Y	10:00 ~ 11:00 育民革命 By KEN COMING SOON	10:00 ~ 11:00 BASIC (体験OK) CHINATSU	CLOSE						
	11:30 ~ 12:30 育民革命 By KEN COMING SOON	11:30 ~ 12:30 FULL BODY BURN Lv.1 CHINATSU		11:30 ~ 12:30 ADVANCE LEE	11:30 ~ 12:30 LEGS & LOWER ABS (体験OK) LEE	11:30 ~ 12:00 CHEST & BACK CHIIHIRO.Y							
	13:00 ~ 14:00 BASIC (体験OK) CHINATSU	CLOSE		13:00 ~ 14:00 育民革命 By KEN COMING SOON	13:00 ~ 14:00 FULL BODY BURN Lv.1 CHINATSU	13:00 ~ 14:00 WAIST & BOOTY CHINATSU							
	14:00 ~ 14:30 お試し体験会			CLOSE	14:30 ~ 15:30 育民革命 By KEN COMING SOON	14:30 ~ 15:30 PRE ADVANCE (上級者) CHIIHIRO.Y							
	CLOSE				16:00 ~ 17:00 ADVANCE LEE	16:00 ~ 17:00 BACK & ARMS CHINATSU							
					17:30 ~ 18:00 ABS (体験OK) CHINATSU	17:30 ~ 18:30 育民革命 By KEN COMING SOON							
	16:30 ~ 17:30 PRE BASIC (初心者用)(体験OK) COMING SOON				18:00 ~ 18:30 育民革命 By KEN COMING SOON	CLOSE							
	18:00 ~ 18:30 CHEST & BACK CHIIHIRO.Y	18:00 ~ 19:00 育民革命 By KEN COMING SOON	18:00 ~ 19:00 KUBIRE WORKOUT (体験OK) CHINATSU	18:00 ~ 19:00 BACK & ARMS CHINATSU	18:00 ~ 18:30 お試し体験会								
	19:30 ~ 20:30 SPECIAL LESSON RICO	19:30 ~ 20:30 KUBIRE WORKOUT (体験OK) LEE	19:30 ~ 20:30 FULL BODY BURN Lv.2 LEE	19:30 ~ 20:00 CHEST & BACK MAKO	CLOSE								
	21:00 ~ 22:00 SPECIAL LESSON RICO	21:00 ~ 22:00 育民革命 By KEN COMING SOON	21:00 ~ 21:30 ABS (体験OK) CHINATSU	21:00 ~ 22:00 FULL BODY BURN Lv.1 MAKO									
	CLOSE												