

Main lesson schedule grid with columns for days (月, 火, 水, 木, 金, 土, 日) and time slots (9:30, 10:00, 11:00, 12:00, 13:00, 14:00, 15:00, 16:00, 17:00, 18:00, 19:00, 20:00, 21:00, 22:00). Includes instructor names, course types, and facility notes.

休日館

休館日 (Closed Day) notice and information. Includes a large text area with a tilde symbol and a closing time of 19:45. Text: 「お客様へご案内」 好評!! ピラティスで身体をバランスを整えてリフレッシュさせませんか?

水泳カリキュラム (Swimming Curriculum) section. Includes a logo for SOUND GYM and a table showing swim lessons for July, August, and September. Table columns: Lesson Level, July, August, September. Rows: 初級水泳1, 初級水泳2, 中級水泳1, 中級水泳2, 中級水泳3.