

月曜日 (Monday) schedule table with columns for Studio, Gym Area, and Pool, and rows for time slots from 10:00 to 21:00.

火曜日 (Tuesday) schedule table with columns for Studio, Gym Area, and Pool, and rows for time slots from 10:00 to 21:00.

水曜日 (Wednesday) schedule table with columns for Studio, Gym Area, and Pool, and rows for time slots from 10:00 to 21:00.

木曜日 (Thursday) column header and vertical text: ※特別営業日(6/25除く)：詳細は館内ポスターをご覧ください。

金曜日 (Friday) schedule table with columns for Studio, Gym Area, and Pool, and rows for time slots from 10:00 to 21:00.

土曜日 (Saturday) schedule table with columns for Studio, Gym Area, and Pool, and rows for time slots from 9:00 to 19:00.

日曜日 (Sunday) schedule table with columns for Studio, Gym Area, and Pool, and rows for time slots from 9:00 to 18:00.

Information section containing: ①★ (Lesson change), ② (New lesson), ③ (New lesson), ④ (Lesson change), ⑤ (Lesson change), ⑥ (Lesson change), ⑦ (Lesson change), ⑧ (Lesson change), ⑨ (Lesson change), ⑩ (Lesson change), ⑪ (Lesson change), ⑫ (Lesson change), ⑬ (Lesson change), ⑭ (Lesson change), ⑮ (Lesson change), ⑯ (Lesson change), ⑰ (Lesson change), ⑱ (Lesson change), ⑲ (Lesson change), ⑳ (Lesson change), ㉑ (Lesson change), ㉒ (Lesson change), ㉓ (Lesson change), ㉔ (Lesson change), ㉕ (Lesson change), ㉖ (Lesson change), ㉗ (Lesson change), ㉘ (Lesson change), ㉙ (Lesson change), ㉚ (Lesson change), ㉛ (Lesson change), ㉜ (Lesson change), ㉝ (Lesson change), ㉞ (Lesson change), ㉟ (Lesson change), ㊱ (Lesson change), ㊲ (Lesson change), ㊳ (Lesson change), ㊴ (Lesson change), ㊵ (Lesson change), ㊶ (Lesson change), ㊷ (Lesson change), ㊸ (Lesson change), ㊹ (Lesson change), ㊺ (Lesson change), ㊻ (Lesson change), ㊼ (Lesson change), ㊽ (Lesson change), ㊾ (Lesson change), ㊿ (Lesson change).