

LESSON SCHEDULE

レッスンスケジュール 2025年4月～

4・5・6月カレンダー

■色の日は休館日となります。
○印の日は特別営業日となります。
(ご利用時間▶11:00～18:00)
■色の日は祝日営業日となります。
(祝日営業時間▶9:00～19:00)

| 4月 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|----|----|----|----|----|----|----|----|----|
| | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | 27 | 28 | 29 | 30 | | | | |

| 5月 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|----|----|----|----|----|----|----|----|----|
| | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |

| 6月 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|----|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 29 | 30 | | | | | | |

| | Tue 火曜日 | | | | | Wed 水曜日 | | | | | Thu 木曜日 | | | | | Fri 金曜日 | | | | | Sat 土曜日 | | | | | Sun 日曜日 | | | | |
|-------|-------------|-------------|-------------|-------------|----------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-----------------|-------------|--------------|-------------------|--------------|-------------|-------------|-------------|-------------|-----------------------|-------------|-------------|-------------|-------------|
| | スタジオ HEARTS | スタジオ PEACE | スタジオ SMILE | 25M プール | 20M プール | スタジオ HEARTS | スタジオ PEACE | スタジオ SMILE | 25M プール | 20M プール | スタジオ HEARTS | スタジオ PEACE | スタジオ SMILE | 25M プール | 20M プール | スタジオ HEARTS | スタジオ PEACE | スタジオ SMILE | 25M プール | 20M プール | スタジオ HEARTS | スタジオ PEACE | スタジオ SMILE | 25M プール | 20M プール | スタジオ HEARTS | スタジオ PEACE | スタジオ SMILE | 25M プール | 20M プール |
| 9:00 | 9:30 OPEN | | | | | 9:30 OPEN | | | | | 9:30 OPEN | | | | | 9:30 OPEN | | | | | 9:00 OPEN | | | | | 9:00 OPEN | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | ラジオ体操 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | ヨガ 綿貫 | FIT Fun 大黒 | | | アクアピクス45 小林(美) | ヨガ 中嶋 | 大人の部活 卓球 | | | 学校水泳 | ヨガ 中嶋 | 大人の部活 卓球 | | | 学校水泳 | ヨガ 高島 | エアサイクルフィットネス 小村 | フィットネス 荒井 | アクア ZUMBA 西村 | ファンクショナル ストレッチ 桜庭 | HOT/ワークヨガ 中嶋 | | | | 学校水泳 | ファンクショナル コンディショニング 牧野 | ヨガ 西坂 | | | |
| 11:00 | 11:00~11:40 | 11:00~11:40 | 10:55~11:35 | 11:00~11:30 | | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | | 11:00~11:40 | 11:00~11:40 | 11:00~12:00 | 10:55~11:55 | | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 |
| 11:30 | 11:00~11:40 | 11:00~11:40 | 10:55~11:35 | 11:00~11:30 | | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | | 11:00~11:40 | 11:00~11:40 | 11:00~12:00 | 10:55~11:55 | | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 | 11:00~11:40 |
| 12:00 | 12:00~12:40 | 12:00~12:30 | 12:00~12:30 | 12:00~12:45 | | 12:00~12:40 | 12:00~12:40 | 11:55~12:45 | 12:00~12:40 | 12:15~13:15 | 12:00~12:40 | 12:00~12:40 | 11:55~12:45 | 12:00~12:30 | 12:15~13:15 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 |
| 12:30 | 12:00~12:40 | 12:00~12:30 | 12:00~12:30 | 12:00~12:45 | | 12:00~12:40 | 12:00~12:40 | 11:55~12:45 | 12:00~12:40 | 12:15~13:15 | 12:00~12:40 | 12:00~12:40 | 11:55~12:45 | 12:00~12:30 | 12:15~13:15 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 | 12:00~12:40 |
| 13:00 | 13:00~13:40 | 13:00~13:30 | 13:00~13:30 | 13:00~13:45 | | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 12:45~13:15 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 12:45~13:15 | 12:45~13:15 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 |
| 13:30 | 13:00~13:40 | 13:00~13:30 | 13:00~13:30 | 13:00~13:45 | | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 12:45~13:15 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 12:45~13:15 | 12:45~13:15 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 | 13:00~13:40 |
| 14:00 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 |
| 14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 | 14:00~14:30 |
| 15:00 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 |
| 15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 | 15:00~15:30 |
| 16:00 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 |
| 16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 | 16:00~16:30 |
| 17:00 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 |
| 17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 | 17:00~17:30 |
| 18:00 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 |
| 18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 | 18:00~18:30 |
| 19:00 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 |
| 19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 | 19:00~19:30 |
| 20:00 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 |
| 20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | | 20:00~20:30 | 20:00~20:30 | 20:00~20:30 | | | | | | | | | | | | | | | | | | | | | | |