

セントラルフィットネスクラブ清洲 - 2025年05月 -

7日(水)、14日(水)、21日(水)、28日(水)は休館日です。

都合により、プログラム、インストラクターが変更になる場合があります。

また、掲載されていない施設のスケジュールにつきましては直接クラブまでお問合せ下さい。

[スクール]: スクール制 (別途入会手続き、会費が必要です) [セッション]: 別途参加費が必要です [定員]: 定員制です [予約]: 予約が必要です [整理券]: 整理券が必要です

< スタジオ >

| 曜日    | 月     |       |    | 火     |       |    | 曜日    | 水     |       |    | 木     |       |    | 金     |       |    | 曜日    | 土     |       |    | 日     |       |    | 曜日    |
|-------|-------|-------|----|-------|-------|----|-------|-------|-------|----|-------|-------|----|-------|-------|----|-------|-------|-------|----|-------|-------|----|-------|
|       | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム |       | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム |       | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム |       |
| 09:00 |       |       |    |       |       |    | 09:00 |       |       |    |       |       |    |       |       |    | 09:00 |       |       |    |       |       |    | 09:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 09:30 |       |       |    |       |       |    | 09:30 |       |       |    |       |       |    |       |       |    | 09:30 |       |       |    |       |       |    | 09:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 10:00 |       |       |    |       |       |    | 10:00 |       |       |    |       |       |    |       |       |    | 10:00 |       |       |    |       |       |    | 10:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 10:30 |       |       |    |       |       |    | 10:30 |       |       |    |       |       |    |       |       |    | 10:30 |       |       |    |       |       |    | 10:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 11:00 |       |       |    |       |       |    | 11:00 |       |       |    |       |       |    |       |       |    | 11:00 |       |       |    |       |       |    | 11:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 11:30 |       |       |    |       |       |    | 11:30 |       |       |    |       |       |    |       |       |    | 11:30 |       |       |    |       |       |    | 11:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 12:00 |       |       |    |       |       |    | 12:00 |       |       |    |       |       |    |       |       |    | 12:00 |       |       |    |       |       |    | 12:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 12:30 |       |       |    |       |       |    | 12:30 |       |       |    |       |       |    |       |       |    | 12:30 |       |       |    |       |       |    | 12:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 13:00 |       |       |    |       |       |    | 13:00 |       |       |    |       |       |    |       |       |    | 13:00 |       |       |    |       |       |    | 13:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 13:30 |       |       |    |       |       |    | 13:30 |       |       |    |       |       |    |       |       |    | 13:30 |       |       |    |       |       |    | 13:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 14:00 |       |       |    |       |       |    | 14:00 |       |       |    |       |       |    |       |       |    | 14:00 |       |       |    |       |       |    | 14:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 14:30 |       |       |    |       |       |    | 14:30 |       |       |    |       |       |    |       |       |    | 14:30 |       |       |    |       |       |    | 14:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 15:00 |       |       |    |       |       |    | 15:00 |       |       |    |       |       |    |       |       |    | 15:00 |       |       |    |       |       |    | 15:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 15:30 |       |       |    |       |       |    | 15:30 |       |       |    |       |       |    |       |       |    | 15:30 |       |       |    |       |       |    | 15:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 16:00 |       |       |    |       |       |    | 16:00 |       |       |    |       |       |    |       |       |    | 16:00 |       |       |    |       |       |    | 16:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 16:30 |       |       |    |       |       |    | 16:30 |       |       |    |       |       |    |       |       |    | 16:30 |       |       |    |       |       |    | 16:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 17:00 |       |       |    |       |       |    | 17:00 |       |       |    |       |       |    |       |       |    | 17:00 |       |       |    |       |       |    | 17:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 17:30 |       |       |    |       |       |    | 17:30 |       |       |    |       |       |    |       |       |    | 17:30 |       |       |    |       |       |    | 17:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 18:00 |       |       |    |       |       |    | 18:00 |       |       |    |       |       |    |       |       |    | 18:00 |       |       |    |       |       |    | 18:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 18:30 |       |       |    |       |       |    | 18:30 |       |       |    |       |       |    |       |       |    | 18:30 |       |       |    |       |       |    | 18:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 19:00 |       |       |    |       |       |    | 19:00 |       |       |    |       |       |    |       |       |    | 19:00 |       |       |    |       |       |    | 19:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 19:30 |       |       |    |       |       |    | 19:30 |       |       |    |       |       |    |       |       |    | 19:30 |       |       |    |       |       |    | 19:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 20:00 |       |       |    |       |       |    | 20:00 |       |       |    |       |       |    |       |       |    | 20:00 |       |       |    |       |       |    | 20:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 20:30 |       |       |    |       |       |    | 20:30 |       |       |    |       |       |    |       |       |    | 20:30 |       |       |    |       |       |    | 20:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 21:00 |       |       |    |       |       |    | 21:00 |       |       |    |       |       |    |       |       |    | 21:00 |       |       |    |       |       |    | 21:00 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
| 21:30 |       |       |    |       |       |    | 21:30 |       |       |    |       |       |    |       |       |    | 21:30 |       |       |    |       |       |    | 21:30 |
|       |       |       |    |       |       |    |       |       |       |    |       |       |    |       |       |    |       |       |       |    |       |       |    |       |
|       | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム |       | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム |       | スタジオ1 | スタジオ2 | ジム | スタジオ1 | スタジオ2 | ジム |       |