

# 2021. 1. 12~2. 7 スタジオ&スイミングレッスン臨時スケジュール

	月		火		水		木		金		土		日	
	スタジオ	スイミング	スタジオ	スイミング	スタジオ	スイミング	スタジオ	スイミング	スタジオ	スイミング	スタジオ	スイミング	スタジオ	スイミング
10:00		ナイスミドル		成人 (初~上級)				成人 (初~上級)		ナイスミドル (初~上級)		成人 (初~上級)		CLOSE
11:00		00		00		00		00	00	ベーシックエアロ60 小林(順)		00		
11:30		15		15		15		15	00	15	ボクシングエアロ60 立岩		15	00
12:00		45		45		05		00	00	00	00		00	00
12:30		15		15		20		15	15	15	00		15	30
13:00		30		30		30		30	00	00			30	30
13:30		45		45		05		00	00	00			05	05
14:00		00		00		15		20	20	20			15	15
14:30		15		15		30		30	00	00			30	30
15:00		30		30		45		45	00	00			45	45
15:30		45		45		00		00	10	10			00	00
16:00		00		00		10		10	20	20			10	10
16:30		15		15		20		20	30	30			20	20
17:00		30		30		30		30	45	45			30	30
17:30		45		45		45		45	00	00			45	45
18:00		00		00		00		00	10	10			00	00
18:30		15		15		10		10	20	20			10	10
19:00		30		30		20		20	30	30			20	20
19:30		45		45		30		30	45	45			30	30
20:00		00		00		45		45	00	00			45	45
20:30		15		15		00		00	10	10			00	00
21:00		30		30		10		10	20	20			10	10
21:30		45		45		20		20	30	30			20	20
22:00		00		00		30		30	45	45			30	30
22:30		15		15		45		45	00	00			45	45
23:00		30		30		00		00	10	10			00	00
23:30		45		45		10		10	20	20			10	10
24:00		00		00		20		20	30	30			20	20
24:30		15		15		30		30	45	45			30	30
25:00		30		30		45		45	00	00			45	45
25:30		45		45		00		00	10	10			00	00
26:00		00		00		10		10	20	20			10	10
26:30		15		15		20		20	30	30			20	20
27:00		30		30		30		30	45	45			30	30
27:30		45		45		45		45	00	00			45	45
28:00		00		00		00		00	10	10			00	00
28:30		15		15		10		10	20	20			10	10
29:00		30		30		20		20	30	30			20	20
29:30		45		45		30		30	45	45			30	30
30:00		00		00		45		45	00	00			45	45
30:30		15		15		00		00	10	10			00	00
31:00		30		30		10		10	20	20			10	10
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35:00		30		30		45		45	00	00			45	45
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63:00		30		30		00		00	10	10			00	00
63:30		45		45		10		10	20	20			10	10
64:00		00		00		20								