

2025.5



SHARE FITNESS TIME SCHEDULE

| 月 | | | 火 | | | 木 | | | 金 | | | 土 | | | 日 | | | | |
|--|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|------|---|
| Aスタジオ | Bスタジオ | プール | Aスタジオ | Bスタジオ | プール | Aスタジオ | Bスタジオ | プール | Aスタジオ | Bスタジオ | プール | Aスタジオ | Bスタジオ | プール | Aスタジオ | Bスタジオ | プール | | |
| 9:00 | | | | | | | | | | | | | | | | | | 9:00 | |
| 9:15~9:45 サウンドファープ 小南 佳世 300円 | | | | | | | | | | | | | | | | | | | 9:15~9:45 サウンドファープ 小南 佳世 300円 |
| | | | | | | | | | | | | | | | | | | | 9:15~10:05 リフレッシュヨガ 小西 千佳子 400円 |
| | | | | | | | | | | | | | | | | | | | 9:15~10:15 SALSATION Toshiko 500円 |
| | | | | | | | | | | | | | | | | | | | 9:30~11:40 アクアティック スクール |
| | | | | | | | | | | | | | | | | | | | 10:00 |
| | | | | | | | | | | | | | | | | | | | 10:00 |
| | | | | | | | | | | | | | | | | | | | 10:30~11:15 SALSATION CHOREOLOGY Toshiko 400円 |
| | | | | | | | | | | | | | | | | | | | 11:00 |
| | | | | | | | | | | | | | | | | | | | 11:00 |
| | | | | | | | | | | | | | | | | | | | 12:00 |
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| | | | | | | | | | | | | | | | | | | | 19:00 |
| | | | | | | | | | | | | | | | | | | | 20:00 |
| | | | | | | | | | | | | | | | | | | | 20:00 |

※(月)(火)(金)18:40~20:40フリー遊泳の利用が1レーンのみとなります。