

2023年4月~6月スタジオタイムスケジュール (変更版)



Main table for Studio Time Schedule (April to June 2023). Columns represent days of the week (火曜 to 日曜) and time slots (10:00 to 22:00). Rows list various activities like Yoga, Pilates, and group exercises with instructor names.

2023年4月~6月プールタイムスケジュール



Main table for Pool Time Schedule (April to June 2023). Columns represent days of the week (火曜日 to 日曜日) and time slots (9:30 to 22:00). Rows list pool activities for different age groups (幼児, 学童, 選手) and swimming lessons.