

## GW期間レッスンスケジュール【後半】

| 時間    |  | 5月2日(日) |       |     |
|-------|--|---------|-------|-----|
|       |  | スタジオ1   | スタジオ2 | プール |
| 9:00  |  |         |       |     |
|       |  |         |       |     |
| 10:00 |  |         |       |     |
|       |  |         |       |     |
| 11:00 |  |         |       |     |
|       |  |         |       |     |
| 12:00 |  |         |       |     |
|       |  |         |       |     |
| 13:00 |  |         |       |     |
|       |  |         |       |     |
| 14:00 |  |         |       |     |
|       |  |         |       |     |
| 15:00 |  |         |       |     |
|       |  |         |       |     |
| 16:00 |  |         |       |     |
|       |  |         |       |     |
| 17:00 |  |         |       |     |
|       |  |         |       |     |
| 18:00 |  |         |       |     |
|       |  |         |       |     |
| 19:00 |  |         |       |     |
|       |  |         |       |     |
| 20:00 |  |         |       |     |
|       |  |         |       |     |
| 21:00 |  |         |       |     |
|       |  |         |       |     |
| 22:00 |  |         |       |     |
|       |  |         |       |     |
| 23:00 |  |         |       |     |
|       |  |         |       |     |

[illegible]

| 5月5日(水)こどもの日                    |       |                               | 時間    |
|---------------------------------|-------|-------------------------------|-------|
| スタジオ1                           | スタジオ2 | プール                           |       |
|                                 |       |                               | 9:00  |
|                                 |       |                               | 30    |
|                                 |       |                               | 10:00 |
| 10:15~10:45<br>はじめてエアロ<br>(佐川)  |       |                               | 30    |
|                                 |       |                               |       |
|                                 |       |                               | 11:00 |
| 11:15~12:00<br>リトモス<br>(佐川)     |       |                               | 30    |
|                                 |       |                               | 12:00 |
|                                 |       | 12:15~12:45<br>流水<br>(金子)     | 30    |
| 12:30~13:15<br>PHIビラティス<br>(國廣) |       |                               | 13:00 |
|                                 |       | 13:15~13:45<br>アクアビクス<br>(小中) | 30    |
| 13:45~14:15<br>ズンバ ゴールド<br>(徳森) |       | 14:15~14:45<br>初級クロール<br>(嶋本) | 14:00 |
|                                 |       |                               | 30    |
| 14:45~15:30<br>フラダンス<br>(光宗)    |       |                               | 15:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 16:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 17:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 18:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 19:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 20:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 21:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 22:00 |
|                                 |       |                               | 30    |
|                                 |       |                               | 23:00 |