

| 時間 | 月曜日 | | | 水曜日 | | | 木曜日 | | | 時間 | |
|-------------|----------------|-------|--------------|-------------|-------|------------------|-----------|-------|-----|-------------|-----------------|
| | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | | |
| 9:00 | | | | | | | | | | 9:00 | |
| 30 | | | | | | | | | | 30 | |
| 9:30~9:50 | ストレッチボール(原) | | | 9:30~9:50 | | | 9:30~9:50 | | | 9:30~9:50 | おはようストレッチ(出海) |
| 10:00 | | | 10:00~10:30 | | | 9:45~11:10 | | | | 10:00 | |
| 30 | 抽選 | | 楽々燃焼流水運動(川運) | 10:15~10:45 | | 幼稚園スイミング(1・2コース) | | | | 30 | |
| 10:15~11:00 | ハタヨガ(森岡恵) | | 10:30~11:30 | | | ベビースイミング(1・2コース) | | | | 10:15~11:00 | オキシジェン(栗田) |
| 11:00 | | | | 抽選 | | | | | | 11:00 | |
| 30 | 11:15~12:00 | | | 11:00~11:45 | | | | | | 30 | |
| 11:15~12:00 | リトモス(HIRO) | | | メガダンス(HIRO) | | | | | | 11:15~12:00 | チャレンジステップ(HIRO) |
| 12:00 | | | | | | | | | | 12:00 | |
| 30 | | | | | | | | | | 30 | |
| 12:15~12:45 | | | | | | | | | | 12:15~12:45 | アクアヌードル(濱岡) |
| 13:00 | | | | | | | | | | 13:00 | |
| 30 | | | | | | | | | | 30 | |
| 13:00~13:45 | 太極扇(すず) | | | | | | | | | 13:00~13:45 | ハタヨガ(須賀) |
| 14:00 | | | | | | | | | | 14:00 | |
| 30 | | | | | | | | | | 30 | |
| 14:00~14:45 | オキシジェン(大串) | | | | | | | | | 14:00~14:45 | フィン使用(1・2コース) |
| 15:00 | | | | | | | | | | 15:00 | |
| 30 | | | | | | | | | | 30 | |
| 15:00~15:30 | アディダスジム&ラン(大串) | | | | | | | | | 15:00~15:45 | かんたんダンスエアロ(森岡) |
| 16:00 | | | | | | | | | | 16:00 | |
| 30 | | | | | | | | | | 30 | |
| 16:00~18:15 | | | | | | | | | | 16:00~18:15 | |
| 17:00 | | | | | | | | | | 17:00 | |
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| 17:00~18:30 | | | | | | | | | | 17:00~18:30 | |
| 18:00 | | | | | | | | | | 18:00 | |
| 30 | | | | | | | | | | 30 | |
| 18:00~18:30 | | | | | | | | | | 18:00~18:30 | |
| 19:00 | | | | | | | | | | 19:00 | |
| 30 | | | | | | | | | | 30 | |
| 19:15~20:00 | | | | | | | | | | 19:15~20:00 | |
| 19:15~20:00 | ピラティス(川村) | | | | | | | | | 19:15~20:00 | |
| 20:00 | | | | | | | | | | 20:00 | |
| 30 | | | | | | | | | | 30 | |
| 20:00~20:30 | | | | | | | | | | 20:00~20:30 | |
| 20:00~20:30 | | | | | | | | | | 20:00~20:30 | |
| 21:00 | | | | | | | | | | 21:00 | |
| 30 | | | | | | | | | | 30 | |
| 20:15~21:00 | | | | | | | | | | 20:15~21:00 | |
| 20:15~21:00 | ブルーフアイト(横川) | | | | | | | | | 20:15~21:00 | |
| 21:00 | | | | | | | | | | 21:00 | |
| 30 | | | | | | | | | | 30 | |
| 21:15~22:00 | | | | | | | | | | 21:15~22:00 | |
| 21:15~22:00 | スンバ(KOZUE) | | | | | | | | | 21:15~22:00 | |
| 22:00 | | | | | | | | | | 22:00 | |
| 30 | | | | | | | | | | 30 | |
| 23:00 | | | | | | | | | | 23:00 | |

| 時間 | 金曜日 | | | 土曜日 | | | 日曜日 | | | 時間 | |
|-------------|-----------------|-------|-----|-----------|-------|-----|-------|-------|-----|-------------|---------------|
| | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | | |
| 9:00 | | | | | | | | | | 9:00 | |
| 30 | | | | | | | | | | 30 | |
| 9:30~9:50 | ストレッチボール(原) | | | 9:30~9:50 | | | | | | 9:30~9:50 | おはようストレッチ(横川) |
| 10:00 | | | | | | | | | | 10:00 | |
| 30 | | | | | | | | | | 30 | |
| 10:15~10:45 | | | | | | | | | | 10:15~10:45 | |
| 10:15~10:45 | スンバ ゴールド(KOZUE) | | | | | | | | | 10:15~10:45 | |
| 11:00 | | | | | | | | | | 11:00 | |
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| 11:00~11:45 | | | | | | | | | | 11:00~11:45 | |
| 11:00~11:45 | フイグア8(澤近) | | | | | | | | | 11:00~11:45 | |
| 12:00 | | | | | | | | | | 12:00 | |
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| 12:00~12:20 | | | | | | | | | | 12:00~12:20 | |
| 12:00~12:20 | ストレッチボール(原) | | | | | | | | | 12:00~12:20 | |
| 13:00 | | | | | | | | | | 13:00 | |
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| 13:00~13:30 | | | | | | | | | | 13:00~13:30 | |
| 13:00~13:30 | ミニボールエクササイズ(原) | | | | | | | | | 13:00~13:30 | |
| 14:00 | | | | | | | | | | 14:00 | |
| 30 | | | | | | | | | | 30 | |
| 14:00~14:30 | | | | | | | | | | 14:00~14:30 | |
| 14:00~14:30 | アクアヌードル(KANAKO) | | | | | | | | | 14:00~14:30 | |
| 15:00 | | | | | | | | | | 15:00 | |
| 30 | | | | | | | | | | 30 | |
| 14:45~15:30 | | | | | | | | | | 14:45~15:30 | |
| 14:45~15:30 | オキシジェン(大串) | | | | | | | | | 14:45~15:30 | |
| 16:00 | | | | | | | | | | 16:00 | |
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| 16:00~18:15 | | | | | | | | | | 16:00~18:15 | |
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| 19:00~19:45 | | | | | | | | | | 19:00~19:45 | |
| 19:00~19:45 | スンバ(YUIMI) | | | | | | | | | 19:00~19:45 | |
| 20:00 | | | | | | | | | | 20:00 | |
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| 20:00~20:45 | | | | | | | | | | 20:00~20:45 | |
| 20:00~20:45 | ユーバウンド(栗田) | | | | | | | | | 20:00~20:45 | |
| 21:00 | | | | | | | | | | 21:00 | |
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| 21:00~21:45 | | | | | | | | | | 21:00~21:45 | |
| 21:00~21:45 | アディダスジム&ラン(大串) | | | | | | | | | 21:00~21:45 | |
| 22:00 | | | | | | | | | | 22:00 | |
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| 23:00 | | | | | | | | | | 23:00 | |