



TAIIKU SCHEDULE



wk.	MON.		TUE.		WED.	THU.		FRI.		SAT.		SUN.	
area	GYM	BOULDERING	GYM	BOULDERING	ALL	GYM	BOULDERING	GYM	BOULDERING	GYM	BOULDERING	ALL	
9:00	CrossFit 9:10~10:00		CrossFit 9:10~10:00		C L O S E D	CrossFit 9:10~10:00		CrossFit 9:10~10:00		CLOSED		CLOSED	
10:00	"s" class 10:30~11:20	OPEN GYM	ゆるとし 10:30~11:20	OPEN GYM		"s" class 10:30~11:20	OPEN GYM	ゆるとし 10:30~11:20	OPEN GYM	POWER HIPNESS 10:30~11:10	OPEN GYM		OPEN GYM
11:00	BOX MOVE 11:30~12:20		"s" class 11:30~12:20			BOX MOVE 11:30~12:20		"s" class 11:30~12:20		CrossFit 11:30~12:20			
12:00	CrossFit 13:00~13:50	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	CrossFit 13:00~13:50	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30		CrossFit 13:00~13:50	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	CrossFit 13:00~13:50	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	CrossFit 13:00~13:50	OPEN GYM		毎週土曜日 BOULDERING 小学生以下 半額デー!! (利用料とレンタル料)
13:00	OPEN GYM		OPEN GYM			OPEN GYM		OPEN GYM		OPEN GYM			
14:00		小学生(1~3年生) ボルダリング教室 16:30~17:20	KIDS class 16:30~17:20	OPEN GYM		小学生(1~3年生) ボルダリング教室 16:30~17:20	KIDS class 16:30~17:20	OPEN GYM	KIDS class 16:30~17:20	OPEN GYM	ポティシェイフ 17:00~17:50		
15:00	"20min" 17:30~17:50	ボルダリングエリアは 18時CLOSE	"20min" 17:30~17:50			Conditioning 18:00~18:20	"20min" 17:30~17:50		Conditioning 18:00~18:20		Conditioning 18:00~18:20		CrossFit 18:00~18:50
16:00	YOGA class 18:30~19:20	18:30~19:30まで YOGA classの為 GYM エリアは ご利用になれません	POWER HIPNESS 18:30~19:10	OPEN GYM		Conditioning 19:00~19:20	POWER HIPNESS 18:30~19:10	OPEN GYM	POWER HIPNESS 18:30~19:10	OPEN GYM	OPEN GYM		
17:00	CrossFit 19:45~20:35	CLOSED	CrossFit 19:00~19:50			BOX MOVE 20:00~20:50	CrossFit 19:30~20:20		BOX MOVE 20:00~20:50				BOX MOVE 20:00~20:50
18:00			CLOSED	CLOSED		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
19:00			CLOSED	CLOSED		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
20:00			CLOSED	CLOSED		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
21:00			CLOSED	CLOSED		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
22:00			CLOSED	CLOSED		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

※月曜から金曜の13:30~15:30まで、ボルダリング教室の為ボルダリング全エリア、若しくは一部エリア貸切となる場合がございます。ご了承下さい。

※ボルダリングエリアの営業時間は月曜18:00まで、火曜~金曜(水曜を除く)は20:00まで、土日祝は19:00までとなります。ご理解の程宜しくお願い致します。

~年末年始の営業について~
12/30(金)は
クラス無しのOPEN GYM
12/31(土)~1/4(水)まで
CLOSEとなります。