



TAIIKU Jun. SCHEDULE



wk.	MON.		TUE.		WED.	THU.		FRI.		SAT.		SUN.			
area	GYM	BOULDERING	GYM	BOULDERING	ALL	GYM	BOULDERING	GYM	BOULDERING	GYM	BOULDERING	ALL			
9:00					C L O S E D					CLOSED		CLOSED			
10:00	"s" class 10:00~10:50	OPEN GYM	ゆるとし 10:00~10:50	OPEN GYM		"s" class 10:00~10:50	OPEN GYM	ゆるとし 10:00~10:50	OPEN GYM	OPEN GYM	POWER HIPNESS 10:30~11:10	OPEN GYM	O P E N G Y M		
11:00	筋トレ 11:00~11:50		"s" class 11:00~11:50			"s" class 11:00~11:50		BOX MOVE 11:00~11:50			"s" class 11:00~11:50				
12:00															
13:00	CrossFit 12:30~13:20		CrossFit 12:30~13:20			CrossFit 12:30~13:20		CrossFit 12:30~13:20		CrossFit 12:30~13:20					
14:00	OPEN GYM	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	OPEN GYM		幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	OPEN GYM	幼・保 (年長児) ボルダリング教室 13:30~14:30 14:30~15:30	OPEN GYM	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)	
15:00		KIDS class 16:30~17:20	KIDS class 16:30~17:20			KIDS class 16:30~17:20		KIDS class 16:30~17:20		KIDS class 16:30~17:20	KIDS class 16:30~17:20				KIDS class 16:30~17:20
16:00															
17:00	"20min" 17:30~17:50	小学生(1~3年生) ボルダリング教室 16:30~17:20		OPEN GYM		"20min" 17:30~17:50	小学生(1~3年生) ボルダリング教室 16:30~17:20		OPEN GYM	OPEN GYM	ボテシエイフ 17:00~17:50	OPEN GYM			
18:00	18:30~19:30まで YOGA classの為 GYM エリアは ご利用になれません	ボルダリングエリアは 18時CLOSE	Conditioning 18:00~18:20			Conditioning 18:00~18:20	CrossFit 18:00~18:50	Conditioning 18:00~18:20			Conditioning 18:00~18:20				Conditioning 18:00~18:20
19:00		YOGA class 18:30~19:20	POWER HIPNESS 18:30~19:10	OPEN GYM					OPEN GYM	POWER HIPNESS 18:30~19:10	POWER HIPNESS 18:30~19:10	OPEN GYM			
20:00	CrossFit 19:45~20:35	CLOSED	CrossFit 19:00~19:50			CrossFit 19:00~19:50	CrossFit 19:30~20:20	CrossFit 19:30~20:20		CrossFit 19:00~19:50	CrossFit 19:00~19:50				CrossFit 19:00~19:50
21:00			CrossFit 20:00~20:50	Box Move 20:00~20:50		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			CLOSED
22:00	CLOSED	CLOSED	CLOSED	CLOSED		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。