



TAIKU Sep. SCHEDULE



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

毎週土曜日
BOULDERING
小学生以下
半額
デー!!
(利用料とレンタル
組)

ヨガクラス
18:00
~18:50
あります!!

小学生(1~3年生)
ボルダリング教室
はお休みです。

CLOSED
9/18(月)は
18:00~18:50
ヨガクラス
のみのクラスとなります
9/23(土)は
通常の土曜日の
クラスとなります

※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。