



TAIIKU Dec. 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		O P E N G Y M		
30														
10:00	YOGA class 10:00~10:50	OPEN GYM	ゆるとし 10:00~10:50	OPEN GYM		Body Make class 10:00~10:50	OPEN GYM	ゆるとし 10:00~10:50	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
11:00	Body Make class 11:00~11:50	OPEN GYM	Body Make class 11:00~11:50	OPEN GYM		BOX MOVE 11:00~11:50	OPEN GYM	Body Make class 11:00~11:50	POWER HIPNESS 11:00~11:40	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
12:00		OPEN GYM		OPEN GYM			OPEN GYM			OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
13:00	CrossFit 12:30~13:30	OPEN GYM	CrossFit 12:30~13:30	OPEN GYM			OPEN GYM	CrossFit 12:30~13:30		OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
14:00	OPEN GYM	幼・保(年長児) ボルダリング教室 13:30~14:30	OPEN GYM	幼・保(年長児) ボルダリング教室 13:30~14:30		OPEN GYM	幼・保(年長児) ボルダリング教室 13:30~14:30	OPEN GYM	幼・保(年長児) ボルダリング教室 13:30~14:30	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
15:00	OPEN GYM	14:30~15:30	OPEN GYM	14:30~15:30		OPEN GYM	14:30~15:30	OPEN GYM	14:30~15:30	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
16:00	OPEN GYM		OPEN GYM			OPEN GYM		OPEN GYM		OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
17:00		小学生(1~3年生) ボルダリング教室 16:30~17:20	OPEN GYM	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	OPEN GYM	KIDS class 16:30~17:20	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30														
18:00	"20min" 17:30~17:50		OPEN GYM			OPEN GYM	"20min" 17:30~17:50	OPEN GYM		OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30		ボルダリングエリアは 18時CLOSE		Conditioning 18:00~18:20			CrossFit 18:00~19:00		Conditioning 18:00~18:20					
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	OPEN GYM	POWER HIPNESS 18:30~19:10		OPEN GYM	CrossFit 18:30~19:30	OPEN GYM	POWER HIPNESS 18:30~19:10	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
30				CrossFit 18:30~19:30			CrossFit 18:30~19:30		CrossFit 18:30~19:30					
20:00	CrossFit 19:45~20:45	CLOSED	CrossFit 19:45~20:45	CLOSED		CrossFit 19:30~20:30	CLOSED	CrossFit 19:45~20:45	Box Move 20:00~20:50	CLOSED	CLOSED		CLOSED	CLOSED
30														
21:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		
30														
22:00														

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

CLOSED
~年末年始の営業について~
12/30(土)~1/3(水)まで
CLOSEとなります。
1/4(木)から
通常営業となります。

※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。