



TAIIKU 5月 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	YOGA class 9:30~10:00		ゆるとし 9:30~10:00			YOGA class 9:30~10:00		ゆるとし 9:30~10:00						
10:00	Body Make class 10:10~11:10	OPEN GYM	YOGA class 10:10~10:40	OPEN GYM		Body Make class 10:10~11:10	OPEN GYM		YOGA class 10:10~10:40	OPEN GYM	OPEN GYM		OPEN GYM	
30	BOX MOVE 11:20~12:00		Body Make class 11:00~12:00			BOX MOVE 11:20~12:00		Body Make class 11:00~12:00	POWER HIPNESS 11:00~11:40					Body Make class 11:00~12:00
12:00		OPEN GYM		OPEN GYM			OPEN GYM			OPEN GYM	無料体験 クラス <small>※予約制</small>		毎週土曜日 BOULDERING 小学生以下 半額デー!! (利用料とレンタル料)	
30	CrossFit 12:30~13:30		CrossFit 12:30~13:30			CrossFit 12:30~13:30		CrossFit 12:30~13:30	CrossFit 12:30~13:30					CrossFit 12:30~13:30
13:00		OPEN GYM		OPEN GYM			OPEN GYM	幼・保(年長児)		OPEN GYM			OPEN GYM	
30									ボルダリング教室 13:30~14:30 14:30~15:30					ボルダリング教室 13:30~14:30 14:30~15:30
14:00		OPEN GYM		OPEN GYM			OPEN GYM			OPEN GYM			OPEN GYM	
30														
15:00		OPEN GYM		OPEN GYM			OPEN GYM			OPEN GYM			OPEN GYM	
30														
16:00		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	KIDS class 16:30~17:20	OPEN GYM			OPEN GYM	小学生(1~3年生) ボルダリング教室 16:30~17:20		OPEN GYM			OPEN GYM	
30														
18:00	"20min" 17:30~17:50	OPEN GYM		OPEN GYM			OPEN GYM			OPEN GYM			OPEN GYM	
30														
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	Conditioning 18:00~18:20		POWER HIPNESS 18:30~19:10	Cross Fit 18:30 ~19:30		Conditioning 18:00~18:20	POWER HIPNESS 18:30~19:10	Cross Fit 18:30 ~19:30			
20:00		CLOSED		CLOSED			CLOSED			CLOSED			CLOSED	
30	CrossFit 19:45~20:45		CrossFit 19:45~20:45			BOX MOVE 20:00~20:40		Body Make class 19:45~20:45	BOX MOVE 20:00~20:40					CrossFit 19:45~20:45
21:00		CLOSED		CLOSED			CLOSED			CLOSED			CLOSED	
30														
22:00		CLOSED		CLOSED			CLOSED			CLOSED			CLOSED	
30														

※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。