



TAIIKU 9月 SCHEDULE



| wk. | MON. | | TUE. | | WED. | THU. | | FRI. | | SAT. | | SUN. | 9/16 MON. | | 9/23 MON. | | | |
|-------|---|---------------------------------------|--------------------------------|-----------------|--|--------------------------------|---|--------------------------------|---|-------------------------|--------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| area | GYM | BOULDERING | GYM | BOULDERING | ALL | GYM | BOULDERING | GYM | BOULDERING | GYM | BOULDERING | ALL | GYM | BOULDERING | GYM | BOULDERING | | |
| 9:00 | | | | | C L O S E D | | | | | CLOSED | | CLOSED | CLOSED | | CLOSED | | | |
| 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 | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | 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 | | | Body Make class 11:00~12:00 | | | | | | | |
| 12:00 | 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 | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | |
| 15:00 | OPEN GYM | | OPEN GYM | | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM |
| 16:00 | | | | | | | | | | | | | | | | | | |
| 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 | | | | 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 | | | OPEN GYM | | | | | | | | | | | | | | |
| 30 | 8:30~19:30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 | HIP class 18:40~19:20 | | | Conditioning 18:00~18:20 | Conditioning 18:00~18:20 | | | | | | | | | | | |
| 19:00 | | | Cross Fit 18:30~19:30 | | | HIP class 18:40~19:20 | | Cross Fit 18:30~19:30 | | CrossFit 18:30~19:30 | | | | | | | | |
| 20:00 | CrossFit 19:45~20:45 | CLOSED | CrossFit 19:45~20:45 | | | YOGA class 19:30~20:20 | | CrossFit 19:45~20:45 | | CrossFit 19:45~20:45 | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | |
| 22:00 | CLOSED | | CLOSED | | | | | CLOSED | | CLOSED | | | | | | | | |

※木曜から金曜の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。