

ジム加圧パーソナル レッスンスケジュール

2023年 8月						
日	月	火 1	水 2	木 3	金 4	土 5
		16:10~16:40 16:50~17:50 18:00~19:00	13:30~14:30 14:45~15:45	11:35~12:05		9:00~10:00 10:15~11:15 11:30~12:30 12:45~13:45 14:30~15:30 14:40~15:10
6	7	8	9	10	11	12
9:00~10:00 10:15~11:15 11:30~12:30 12:45~13:45 14:40~15:40 16:00~17:00	9:30~10:30 10:45~11:45 11:35~12:05 12:00~13:00 16:15~17:15 17:30~18:30	16:10~16:40 16:50~17:50 18:00~19:00		11:35~12:05		
13	14	15	16	17	18	19
				11:35~12:05		9:00~10:00 10:15~11:15 14:40~15:10 18:40~19:40
20	21	22	23	24	25	26
9:00~10:00	9:30~10:30 10:45~11:45 11:35~12:05 12:00~13:00 16:15~17:15 17:30~18:30	16:10~16:40 16:30~17:30 16:50~17:50 18:00~19:00	13:30~14:30 14:45~15:45	11:35~12:05		9:00~10:00 10:15~11:15 14:40~15:10 18:40~19:40
27	28	29	30	31		
9:00~10:00	9:30~10:30 10:45~11:45 11:35~12:05 12:00~13:00 16:15~17:15 17:30~18:30	16:10~16:40 16:50~17:50 18:00~19:00	13:30~14:30 14:45~15:45	11:35~12:05		

※ご予約状況や担当者はマイページをご登録後にご確認いただけます。