

# ジム加圧パーソナル レッスンスケジュール

KANAKO	SAKI	YOSHIMI	NANA	YUKINO
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2023年 10月

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