

ジムパーソナルスケジュール

2023年 11月

	日	月	火	水 1	木 2	金 3	土 4
YUKINO				15:00~16:00	12:10~13:10		10:30~11:30 14:00~15:00
NANA							9:00~10:00
SAKI							14:40~15:10 15:20~15:50
KANAKO				18:10~19:10 19:20~20:20 20:30~21:30		19:00~20:00 20:10~21:00	18:40~19:40
YOSHIMI					11:35~12:05		
AKI							

	5	6	7	8	9	10	11
YUKINO	10:00~11:00	12:00~13:00	13:30~14:30 16:00~17:00		12:10~13:10	10:30~11:30	9:00~10:00 16:00~17:00
NANA	9:00~10:00	9:45~10:45 11:00~12:00 12:15~13:15					9:00~10:00 10:15~11:15 11:30~12:30 12:45~13:45
SAKI							14:40~15:10 15:20~15:50
KANAKO				18:10~19:10 19:20~20:20 20:30~21:30			18:40~19:40 20:00~21:00
YOSHIMI		11:35~12:05			11:35~12:05		
AKI							

	12	13	14	15	16	17	18
YUKINO	10:00~11:00 16:00~17:00		17:30~18:30 19:10~20:10	13:30~14:30 15:00~16:00	10:30~11:30 15:00~16:00	17:30~18:30	
NANA	10:00~11:00 11:15~12:15 12:30~13:30 13:45~14:45	9:45~10:45 11:00~12:00 12:15~13:15 16:15~17:15 17:30~18:30		16:15~17:15			9:00~10:00 10:15~11:15
SAKI							14:40~15:10 15:20~15:50
KANAKO							
YOSHIMI		11:35~12:05			11:35~12:05		
AKI			16:30~17:30 18:00~19:00				

	19	20	21	22	23	24	25
YUKINO		12:10~13:10 17:00~18:00	13:30~14:30	15:00~16:00			10:00~11:00 12:00~13:00
NANA	9:00~10:00	9:45~10:45 11:00~12:00 12:15~13:15		16:15~17:15			9:00~10:00 10:15~11:15 11:30~12:30
SAKI	14:20~14:50 17:40~18:10						14:40~15:10 15:20~15:50
KANAKO							18:40~19:40 20:00~21:00
YOSHIMI		11:35~12:05					
AKI							

	26	27	28	29	30		
YUKINO	10:00~11:00		15:00~16:00 17:00~18:00	15:00~16:00	13:30~14:30 15:00~16:00		
NANA		9:45~10:45 11:00~12:00 12:15~13:15 16:15~17:15 17:30~18:30		16:15~17:15			
SAKI							
KANAKO							
YOSHIMI		11:35~12:05			11:35~12:05		
AKI			16:30~17:30 18:00~19:00				