

# ジムパーソナルスケジュール

2023年 12月

	日	月	火	水	木	金 1	土 2
YUKINO							
NANA							9:00~10:00 10:30~11:30 12:00~13:00 13:30~14:30 15:00~16:00
SAKI							14:40~15:10 15:20~15:50
KANAOKO							
YOSHIMI							
AKI							

	3	4	5	6	7	8	9
YUKINO			12:00~13:00 15:00~16:00	10:30~11:30 17:30~18:30	10:30~11:30 17:30~18:30		9:00~10:00 13:30~14:30
NANA	9:00~10:00 15:00~16:00	17:30~18:30	19:10~20:10			10:30~11:30	10:30~11:30 14:30~15:30
SAKI							14:40~15:10 15:20~15:50
KANAOKO				18:00~19:00 19:10~20:10			18:40~19:40
YOSHIMI		11:35~12:05			11:35~12:05		
AKI							

	10	11	12	13	14	15	16
YUKINO	10:30~11:30 12:00~13:00	10:30~11:30 17:30~18:30		10:30~11:30 17:30~18:30	10:30~11:30 12:10~13:10 17:30~18:30	20:40~21:40	
NANA	9:00~10:00 16:00~17:00		10:30~11:30 17:30~18:30	13:30~14:30 15:00~16:00 20:40~21:40		17:30~18:30	9:00~10:00 16:00~17:00
SAKI							14:40~15:10 15:20~15:50
KANAOKO							
YOSHIMI		11:35~12:05			11:35~12:05		
AKI			16:30~17:30 18:00~19:00				

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

	24	25	26	27	28	29	30
YUKINO	9:00~10:00		13:30~11:30 20:40~21:40		13:30~14:30	12:00~13:00 16:30~17:30	
NANA		10:30~11:30		13:30~14:30	12:10~13:10 15:00~16:00	10:30~11:30	
SAKI	14:20~14:50 17:40~18:10						
KANAOKO							
YOSHIMI		11:35~12:05			11:35~12:05		
AKI			16:30~17:30 18:00~19:00				

	31						
YUKINO							
NANA							
SAKI							
KANAOKO							
YOSHIMI							
AKI							

※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。