

ジムパーソナルスケジュール

2024 年 1 月

	日	月 1	火 2	水 3	木 4	金 5	土 6
YUKINO					10:30~11:30	13:30~14:30	
NANA							9:00~10:00 13:30~14:30 16:00~17:00
SAKI							14:40~15:10 15:20~15:50
KANAKO							18:40~19:40 19:40~20:40
YOSHIMI					11:35~12:05		
AKI							

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

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

	21	22	23	24	25	26	27
YUKINO	9:00~10:00 15:00~16:00	20:40~21:40		10:30~11:30	15:00~16:00	20:40~21:40	
NANA	10:30~11:30	17:00~18:00	13:30~14:30 16:30~17:30	17:30~18:30		10:30~11:30	9:00~10:00 13:30~14:30 16:00~17:00
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				

	28	29	30	31			
YUKINO	15:00~16:00	10:30~11:30	15:00~16:00				
NANA	9:00~10:00			15:00~16:00			
SAKI	14:20~14:50 17:40~18:10						
KANAKO							
YOSHIMI		11:35~12:05					
AKI							

YUKINO							
NANA							
SAKI							
KANAKO							
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。