

ジムパーソナルスケジュール

2024年 6月

| | 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|--------|---|---|---|---|---|---|----------------------------|
| | | | | | | | 1 |
| YUKINO | | | | | | | 10:30~11:30 13:30~14:30 |
| NANA | | | | | | | 9:00~10:00 |
| SAKI | | | | | | | 14:40~15:10 15:20~15:50 |

| | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------|----------------------------|---|-------------|-------------|----------------------------|-------------|----------------------------|
| YUKINO | 9:00~10:00 | | 20:40~21:40 | 10:30~11:30 | | 10:30~11:30 | 9:00~10:00 |
| NANA | 10:30~11:30 16:30~17:30 | | 10:30~11:30 | | 12:00~13:00 15:00~16:00 | | 10:30~11:30 13:30~14:30 |
| SAKI | | | | | | | 14:40~15:10 15:20~15:50 |

| | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|--------|---|-------------|-------------|-------------|----------------------------|----|----------------------------|
| YUKINO | | | 10:30~11:30 | 10:30~11:30 | | | 9:00~10:00 12:00~13:00 |
| NANA | | 10:30~11:30 | | | 10:30~11:30 12:00~13:00 | | 10:30~11:30 |
| SAKI | | | | | | | 14:40~15:10 15:20~15:50 |

| | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|--------|----------------------------|-------------|-------------|-------------|----------------------------|-------------|----------------------------|
| YUKINO | 10:30~11:30 | | 20:40~21:40 | 10:30~11:30 | | | 10:30~11:30 |
| NANA | 9:00~10:00 15:00~16:00 | 10:30~11:30 | | 17:00~18:00 | 10:30~11:30 15:00~16:00 | 12:00~13:00 | |
| SAKI | 14:20~14:50 17:40~18:10 | | | | | | 14:40~15:10 15:20~15:50 |

| | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|--------|----------------------------|-------------|-------------|----|-------------|----|----------------------------|
| YUKINO | 9:00~10:00 | 12:00~13:00 | | | 20:40~21:40 | | 10:30~11:30 13:30~14:30 |
| NANA | 10:30~11:30 16:30~17:30 | 20:40~21:40 | 10:30~11:30 | | | | 9:00~10:00 |
| SAKI | | | | | | | 14:40~15:10 15:20~15:50 |

| | 30 | | | | | | |
|--------|----------------------------|--|--|--|--|--|--|
| YUKINO | 9:00~10:00 | | | | | | |
| NANA | 10:30~11:30 16:30~17:30 | | | | | | |
| SAKI | | | | | | | |