

ジムパーソナルスケジュール

2025 年 7 月

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

	6	7	8	9	10	11	12
YUKINO		19:10~20:10		10:30~11:30 17:30~18:30	10:30~11:30 15:00~16:00 17:30~18:30		12:00~13:00
NANA	12:00~13:00		17:30~18:30	13:30~14:30		20:40~21:40	
SAKI							14:40~15:10 15:20~15:50

	13	14	15	16	17	18	19
YUKINO	12:00~13:00		17:30~18:30	10:30~11:30 17:30~18:30	13:30~14:30 15:00~16:00 19:10~20:10		9:00~10:00 16:30~17:30
NANA	13:30~14:30		15:00~16:00			10:30~11:30 17:30~18:30	15:00~16:00
SAKI							

	20	21	22	23	24	25	26
YUKINO	12:00~13:00	9:00~10:00	13:30~14:30 19:10~20:10		15:00~16:00 20:40~21:40	17:30~18:30	
NANA			10:30~11:30 17:30~18:30		13:30~14:30 17:30~18:30		9:00~10:00
SAKI							14:40~15:10 15:20~15:50

	27	28	29	30	31		
YUKINO		13:30~14:30 19:10~20:10		10:30~11:30 17:30~18:30			
NANA	13:30~14:30	15:00~16:00 17:30~18:30		15:00~16:00	10:30~11:30 13:30~14:30 17:30~18:30		
SAKI	9:00~9:30 9:40~10:10						

YUKINO							
NANA							
SAKI							

※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。