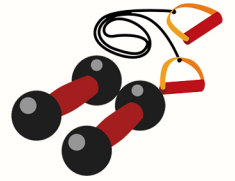


# 2026.9 Gym personal Schedule

個人様のお身体に合わせたメニューでトレーニング指導を行います。楽しんでボディメイクを継続いただけるようサポート致します。お気軽にご予約ください。



|             | 日 | 月 | 火      | 水      | 木      | 金      | 土      |             |
|-------------|---|---|--------|--------|--------|--------|--------|-------------|
|             |   |   | 1      | 2      | 3      | 4      | 5      |             |
| 9:00~10:00  |   |   |        |        |        |        | YUKINO | 9:00~10:00  |
| 10:00~11:00 |   |   |        |        |        |        |        | 10:00~11:00 |
| 10:30~11:30 |   |   | YUKINO | YUKINO |        |        |        | 10:30~11:30 |
| 11:30~12:30 |   |   |        |        |        |        |        | 11:30~12:30 |
| 12:00~13:00 |   |   |        |        |        |        |        | 12:00~13:00 |
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| 13:30~14:30 |   |   |        |        |        |        | YUKINO | 13:30~14:30 |
| 15:00~16:00 |   |   |        |        |        |        |        | 15:00~16:00 |
| 16:00~17:00 |   |   |        |        |        |        |        | 16:00~17:00 |
| 16:30~17:30 |   |   |        |        |        | YUKINO |        | 16:30~17:30 |
| 17:00~18:00 |   |   | YUKINO | YUKINO | YUKINO |        |        | 17:00~18:00 |
| 17:30~18:30 |   |   |        |        | YUKINO |        |        | 17:30~18:30 |
| 19:10~20:10 |   |   |        |        | YUKINO |        |        | 19:10~20:10 |
| 20:40~21:40 |   |   |        |        | YUKINO |        |        | 20:40~21:40 |

|             | 日      | 月      | 火 | 水      | 木      | 金      | 土      |             |
|-------------|--------|--------|---|--------|--------|--------|--------|-------------|
|             | 6      | 7      | 8 | 9      | 10     | 11     | 12     |             |
| 9:00~10:00  |        |        |   |        |        |        |        | 9:00~10:00  |
| 10:00~11:00 |        |        |   |        | YUKINO |        |        | 10:00~11:00 |
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| 13:30~14:30 | YUKINO |        |   |        |        |        | YUKINO | 13:30~14:30 |
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| 17:00~18:00 |        | YUKINO |   |        |        |        |        | 17:00~18:00 |
| 17:30~18:30 |        |        |   | YUKINO |        | YUKINO |        | 17:30~18:30 |
| 19:10~20:10 |        |        |   |        |        |        |        | 19:10~20:10 |
| 20:40~21:40 |        |        |   |        |        |        |        | 20:40~21:40 |

|             | 日      | 月  | 火      | 水      | 木  | 金  | 土      |             |
|-------------|--------|----|--------|--------|----|----|--------|-------------|
|             | 13     | 14 | 15     | 16     | 17 | 18 | 19     |             |
| 9:00~10:00  |        |    |        |        |    |    | YUKINO | 9:00~10:00  |
| 10:00~11:00 |        |    |        |        |    |    |        | 10:00~11:00 |
| 10:30~11:30 | YUKINO |    |        | YUKINO |    |    |        | 10:30~11:30 |
| 11:30~12:30 |        |    |        |        |    |    |        | 11:30~12:30 |
| 12:00~13:00 |        |    |        |        |    |    |        | 12:00~13:00 |
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| 15:00~16:00 |        |    |        |        |    |    |        | 15:00~16:00 |
| 16:00~17:00 |        |    |        |        |    |    |        | 16:00~17:00 |
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| 17:00~18:00 |        |    |        |        |    |    |        | 17:00~18:00 |
| 17:30~18:30 |        |    | YUKINO | YUKINO |    |    |        | 17:30~18:30 |
| 19:10~20:10 |        |    | YUKINO |        |    |    |        | 19:10~20:10 |
| 20:40~21:40 |        |    | YUKINO |        |    |    |        | 20:40~21:40 |

|             | 日  | 月  | 火  | 水  | 木      | 金      | 土      |             |
|-------------|----|----|----|----|--------|--------|--------|-------------|
|             | 20 | 21 | 22 | 23 | 24     | 25     | 26     |             |
| 9:00~10:00  |    |    |    |    |        |        |        | 9:00~10:00  |
| 10:00~11:00 |    |    |    |    |        |        |        | 10:00~11:00 |
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| 13:30~14:30 |    |    |    |    |        |        | YUKINO | 13:30~14:30 |
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| 17:00~18:00 |    |    |    |    |        |        |        | 17:00~18:00 |
| 17:30~18:30 |    |    |    |    | YUKINO | YUKINO |        | 17:30~18:30 |
| 19:10~20:10 |    |    |    |    | YUKINO |        |        | 19:10~20:10 |
| 20:40~21:40 |    |    |    |    | YUKINO |        |        | 20:40~21:40 |

|             | 日      | 月      | 火      | 水      | 木 | 金 | 土 |             |
|-------------|--------|--------|--------|--------|---|---|---|-------------|
|             | 27     | 28     | 29     | 30     |   |   |   |             |
| 9:00~10:00  |        |        |        |        |   |   |   | 9:00~10:00  |
| 10:00~11:00 |        |        |        |        |   |   |   | 10:00~11:00 |
| 10:30~11:30 | YUKINO | YUKINO |        | YUKINO |   |   |   | 10:30~11:30 |
| 11:30~12:30 |        |        |        |        |   |   |   | 11:30~12:30 |
| 12:00~13:00 |        |        |        |        |   |   |   | 12:00~13:00 |
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| 13:30~14:30 | YUKINO |        |        |        |   |   |   | 13:30~14:30 |
| 15:00~16:00 |        |        |        |        |   |   |   | 15:00~16:00 |
| 16:00~17:00 |        |        |        |        |   |   |   | 16:00~17:00 |
| 16:30~17:30 |        |        |        |        |   |   |   | 16:30~17:30 |
| 17:00~18:00 |        |        |        |        |   |   |   | 17:00~18:00 |
| 17:30~18:30 |        |        | YUKINO | YUKINO |   |   |   | 17:30~18:30 |
| 19:10~20:10 |        |        | YUKINO |        |   |   |   | 19:10~20:10 |
| 20:40~21:40 |        |        | YUKINO |        |   |   |   | 20:40~21:40 |

事情により変更になる場合がございます。ご了承くださいませ。