

5/3(日)~5/6(水) GWスタジオアクア祝日レッスンスケジュール

| | 5/3(日) | | | | | | | | | 5/4(月) | | | | | | | | | 5/5(火) | | | | | | | | | 5/6(水) | | | | | | | | | | | | | | | | | | | |
|----------|--|---|---|---|---|---|---|---|---|----------|---|---|---|---|---|---|---|---|--------|----------|---|---|---|---|---|---|---|--------|---|----------|---|---|----|---|---|-------|-------|--|--|--|--|--|--|--|--|--|-------|
| | 25M | | | | | | | | | 25M | | | | | | | | | 25M | | | | | | | | | 25M | | | | | | | | | | | | | | | | | | | |
| コース | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | コース | | | | | | | | | | |
| 9:00 | 立止可 | | | | | | | | | 立止可 | | | | | | | | | 立止可 | | | | | | | | | 立止可 | | | | | | | | 9:00 | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10:00 | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 11:00 | | | | | | | | | | |
| 12:00 | 歩行 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 12:00 | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 13:00 | | | | | | | | | | | |
| 14:00 | | | | | | | | | | 歩行 | | | | | | | | | | | | | | | | | | | | | | | 歩行 | | | | | | | | | | | | | | 14:00 |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15:00 | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 16:00 | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 17:00 | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 18:00 | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 19:00 | | | | | | | | | | | |
| 閉館 20:00 | | | | | | | | | | 閉館 20:00 | | | | | | | | | | 閉館 20:00 | | | | | | | | | | 閉館 20:00 | | | | | | | | | | | | | | | | | |
| 20:00 | <div style="display: flex; justify-content: center; gap: 20px; align-items: center;"> <div style="background-color: #FFF9C4; padding: 5px; border: 1px solid black;">アクアピクス系</div> <div style="background-color: #ADD8E6; padding: 5px; border: 1px solid black;">リラクゼーション・調整系</div> <div style="background-color: #FFDAB9; padding: 5px; border: 1px solid black;">筋カトレニング系</div> </div> <p style="font-size: small; margin-top: 10px;">レッスンは全て予約制です プールサイドにて予約ゴムを配布します。 レッスン30分前より配布します。</p> | | | | | | | | | | | | | | | | | | 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | 22:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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パーソナル
スイムレ
ッスン
田沼 栄一

11:00~11:30
ウォーキング&ストレッチ
<定員35名>
澤 智徳

11:40~12:10
アクアミット
<定員35名>
澤 智徳

10:00~10:30
アクアミックス
<定員35名>
田沼 栄一

9:50~10:05
アクアウォーキング<定員35名>
土屋 渉

10:10~10:40
やさしいアクア
<定員35名>
土屋 渉

12:10~12:40
アクアピクス
<定員35名>
KOZUE