

| | 月 MON | | | 火 TUE | | | 木 THU | | | 金 FRI | | | 土 SAT | | | 日 SUN | | |
|-------------|--------------------|--------------------|-------------------------|---------------|-------------|------------------------|---------------|-------|-----------|--------------|-------|--------------------------|-------------|-------|-------------|--|-------------|-------------|
| | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール | スタジオ1 | スタジオ2 | プール |
| 10:30 | | | | | | | | | | | | | | | | | | |
| 10:30~11:00 | モーニングレッスン | | | 10:30~11:00 | | | 10:30~11:15 | | | 10:30~10:50 | | 10:30~10:50 | 10:30~10:50 | | | 10:30~11:15 | | |
| 11:00 | 大村 | | | 加倉井 | | 10:50~11:10 水中歩行 | ルーシーダットン | | *チケット配布無し | 藤井(乙) | | 10:30~10:50 アクアヌードル | 大村/江藤 | | | エアロマジック | 10:45~11:15 | |
| 11:00 | | | | | | 藤井 | 神田 | | | 11:10~11:40 | | 11:00~11:30 バタフライ(初級) | | | | 古賀 | 加倉井 | |
| 11:30 | 11:30~12:15 | 11:15~11:35 TRX | | 11:30~12:15 | 11:30~11:50 | 11:30~12:00 | 11:30~12:00 | | | Power weight | | 11:30~12:00 | | | 11:20~12:00 | | | |
| 11:30 | フラダンス | 大村 | 11:30~12:00 クロール(初級) | ポティバランス45 | フォームローラー | AQUA ZUMBA | ポティコンバット30 | | | 11:40~12:00 | | 平泳ぎ(初級) | | ZUMBA | | 11:20~11:50 | | |
| 12:00 | 11:45~12:05 TRX | | | | | さやか | 加倉井 | | | 12:00~12:45 | | | | | | 11:45~12:30 | | 11:45~12:15 |
| 12:00 | Yoshino | | 12:15~12:45 フィンスイム | 古賀 | | | 加倉井 | | | ピラティス | | 12:15~13:00 | | | | 12:10~12:40 | | 12:30~12:50 |
| 12:30 | | | | | | | 12:20~13:05 | | | | | 12:15~12:45 | | | | 6日:バタフライ 13日:背泳ぎ 20日:平泳ぎ 27日:クロール | | 12:30~12:50 |
| 12:30 | 12:45~13:30 | | | 12:40~13:25 | 12:40~13:00 | 12:30~13:00 背泳ぎ(初級) | エンジョイエアロ(初中級) | | | 12:35~12:55 | | | 12:15~12:45 | | | 12:10~12:40 | | 12:30~12:50 |
| 13:00 | 全身スッキリヨガ(初級) | | 13:00~13:45 | ZUMBA | リズム筋トレ | | 12:20~13:05 | | | 12:35~12:55 | | 13:00~13:30 | | | | 12:50~13:20 | | 12:50~13:10 |
| 13:00 | | | 平泳ぎ(中級) | | 安光 | | 古賀 | | | 12:35~12:55 | | 13:00~13:30 | | | | 12:50~13:20 | | 12:50~13:10 |
| 13:30 | 岡村 | | | さやか | 13:15~13:45 | 13:15~13:45 | 13:15~13:45 | | | 13:15~14:00 | | 13:15~14:00 | | | | 13:00~13:30 | | 13:10~13:40 |
| 13:30 | | | | | 13:15~13:45 | 13:15~13:45 | 13:15~13:45 | | | 13:15~14:00 | | 13:15~14:00 | | | | 13:00~13:30 | | 13:10~13:40 |
| 14:00 | 14:00~14:30 | | | 13:40~14:25 | 安光 | | 13:30~14:15 | | | 13:30~14:15 | | 13:30~14:15 | | | | 13:30~14:00 | | 13:30~14:00 |
| 14:00 | SSS | | | エアロマニア | | | 癒しヨガ(初級) | | | 13:30~14:15 | | 13:30~14:15 | | | | 13:30~14:00 | | 13:30~14:00 |
| 14:30 | 古賀 | | | さやか | | | 福嶋 | | | 14:15~15:00 | | 14:15~15:00 | | | | 14:20~14:50 | | 14:20~14:50 |
| 14:30 | | | | 14:45~15:30 | | | | | | ZUMBA | | 14:15~15:00 | | | | 14:20~14:50 | | 14:20~14:50 |
| 15:00 | 15:00~15:45 | | 15:00~15:30 | 太極拳 | | | 15:00~15:30 | | | 14:00~14:30 | | 14:00~14:30 | | | | 14:20~14:50 | | 14:20~14:50 |
| 15:00 | ピラティス | | バタフライ(初級) | | | | はじめてステップ | | | 14:00~14:30 | | 14:00~14:30 | | | | 14:20~14:50 | | 14:20~14:50 |
| 15:30 | 岡村 | | | 関 | | | はじめてステップ | | | 15:15~15:45 | | 15:15~15:45 | | | | 15:15~16:00 | | 15:15~15:45 |
| 15:30 | | | | | | | はじめてステップ | | | 15:15~15:45 | | 15:15~15:45 | | | | 15:15~16:00 | | 15:15~15:45 |
| 16:00 | | | | | | | 15:45~16:05 | | | 15:45~16:05 | | 15:45~16:05 | | | | 15:30~15:50 | | 15:30~15:50 |
| 16:00 | | | | | | | 筋トレ教室 | | | 15:45~16:05 | | 15:45~16:05 | | | | 15:30~15:50 | | 15:30~15:50 |
| 16:30 | | | | | | | 筋トレ教室 | | | 15:45~16:05 | | 15:45~16:05 | | | | 15:30~15:50 | | 15:30~15:50 |
| 16:30 | | | | | | | 筋トレ教室 | | | 15:45~16:05 | | 15:45~16:05 | | | | 15:30~15:50 | | 15:30~15:50 |
| 17:00 | | | | | | | 16:30~16:40 | | | 16:30~16:40 | | 16:30~16:40 | | | | 16:20~16:40 | | 16:20~16:40 |
| 17:00 | | | | | | | TRX | | | 16:30~16:40 | | 16:30~16:40 | | | | 16:20~16:40 | | 16:20~16:40 |
| 17:30 | | | | | | | 加倉井 | | | 16:30~16:40 | | 16:30~16:40 | | | | 16:20~16:40 | | 16:20~16:40 |
| 17:30 | | | | | | | 加倉井 | | | 16:30~16:40 | | 16:30~16:40 | | | | 16:20~16:40 | | 16:20~16:40 |
| 18:00 | | | | | | | 16:20~16:50 | | | 16:20~16:50 | | 16:20~16:50 | | | | 16:15~17:00 | | 16:15~17:00 |
| 18:00 | | | | | | | はじめてエアロ | | | 16:20~16:50 | | 16:20~16:50 | | | | 16:15~17:00 | | 16:15~17:00 |
| 18:30 | | | | | | | はじめてエアロ | | | 16:20~16:50 | | 16:20~16:50 | | | | 16:15~17:00 | | 16:15~17:00 |
| 18:30 | | | | | | | はじめてエアロ | | | 16:20~16:50 | | 16:20~16:50 | | | | 16:15~17:00 | | 16:15~17:00 |
| 19:00 | | | | | | | 16:20~16:50 | | | 16:20~16:50 | | 16:20~16:50 | | | | 16:15~17:00 | | 16:15~17:00 |
| 19:00 | | | | | | | 16:20~16:50 | | | 16:20~16:50 | | 16:20~16:50 | | | | 16:15~17:00 | | 16:15~17:00 |
| 19:30 | 19:15~19:45 | | | 19:15~20:00 | | | 19:15~19:45 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 19:30 | Power Weight | | | エンジョイエアロ(初中級) | | | 19:15~19:45 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 19:30 | 古賀 | | | | | | 19:20~19:40 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 20:00 | | | | 19:40~20:00 | | | 水中運動 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 20:00 | ZUMBA | | | TRX | | | 安光 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 20:30 | | | | | | | 加倉井 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 20:30 | | | | | | | 加倉井 | | | 19:15~19:45 | | 19:15~19:45 | | | | 17:00~17:45 | | 17:00~17:45 |
| 21:00 | 21:00~21:45 | | | 20:00~20:30 | | | 20:00~20:30 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 21:00 | エンジョイエアロ(初中級) | | | バタフライ(初級) | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 21:30 | 安田 | | | 20:15~20:45 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 21:30 | | | | 20:15~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22:00 | | | | 20:40~21:00 | | | 20:10~20:55 | | | 20:00~20:45 | | 20:00~20:45 | | | | 18:15~19:00 | | 18:15~19:00 |
| 22 | | | | | | | | | | | | | | | | | | |