

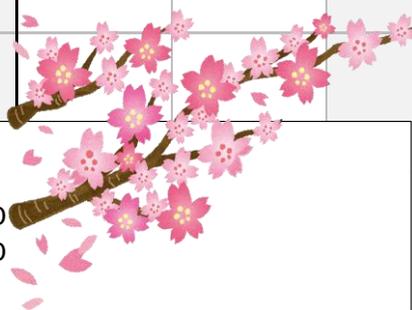
2025

4 月

ACROPORT

レッスン タイムスケジュール

| 月                                   |                                 |                               | 火                                       |                                 |                              | 水                                    |                                 |                              | 金                                       |                                 |                               | 土                              |                      |     | 日                                      |                      |     |  |
|-------------------------------------|---------------------------------|-------------------------------|---|---------------------------------|------------------------------|--------------------------------------|---------------------------------|------------------------------|---|---------------------------------|-------------------------------|--------------------------------|----------------------|-----|--|----------------------|-----|--|
| スタジオ                                | フロア                             | プール                           | スタジオ                                    | フロア                             | プール                          | スタジオ                                 | フロア                             | プール                          | スタジオ                                    | フロア                             | プール                           | スタジオ                           | フロア                  | プール | スタジオ                                   | フロア                  | プール |  |
|                                     | 10:15~10:20<br>ラジオ体操<br>時間変更    |                               |   | 10:15~10:20<br>ラジオ体操<br>時間変更    |                              |                                      | 10:15~10:20<br>ラジオ体操<br>時間変更    |                              |   | 10:15~10:20<br>ラジオ体操<br>時間変更    |                               |                                | 10:15~10:20<br>ラジオ体操 |     |  | 10:15~10:20<br>ラジオ体操 |     |  |
| 10:50~11:35<br>ZUMBA®<br>TOMMY☆     | 10:50~11:20<br>グルーブレッスン<br>時間変更 | 11:00~11:30<br>水中健康体操<br>まつざわ | 10:50~11:35<br>ZUMBA®<br>TOMMY☆         | 10:50~11:20<br>グルーブレッスン<br>時間変更 | 11:00~11:30<br>ウォーキング<br>さかき | 10:50~11:35<br>ZUMBA®<br>KAYO        | 10:50~11:20<br>グルーブレッスン<br>時間変更 | 11:00~11:30<br>ウォーキング<br>さかき | 10:30~11:15<br>エレガント<br>ボディメイク<br>まつたに  | 10:50~11:20<br>グルーブレッスン<br>時間変更 | 11:00~11:30<br>水中健康体操<br>おだ   | 10:30~11:15<br>ゆっくりエアロ<br>まえかわ |                      |     | 10:30~11:15<br>簡単ダンス<br>エクササイズ<br>まつたに |                      |     |  |
|                                     | 11:50~12:20<br>グルーブレッスン<br>時間変更 |                               |   | 11:50~12:20<br>グルーブレッスン<br>時間変更 |                              | 11:50~12:35<br>Q-ren<br>骨盤体操<br>KAYO | 11:50~12:20<br>グルーブレッスン<br>時間変更 |                              | 11:45~12:30<br>ZUMBA<br>GOLD®<br>TOMMY☆ | 11:50~12:20<br>グルーブレッスン<br>時間変更 |                               | 12:15~13:00<br>初級水泳教室<br>まつざわ  |                      |     |  |                      |     |  |
| 12:50~13:35<br>やさしいヨガ<br>AYA        |                                 | 12:15~13:00<br>初級水泳教室<br>まつざわ | 12:50~13:35<br>簡単ステップ<br>まえかわ           |                                 |                              |                                      |                                 |                              | 12:50~13:35<br>パワーYOGA<br>こんどう          |                                 | 12:15~13:00<br>初級水泳教室<br>まつざわ |                                |                      |     |  |                      |     |  |
| 13:45~14:30<br>姿勢改善<br>ピラティス<br>AYA |                                 | 13:00~13:30<br>マスターズ<br>まつざわ  | 13:50~14:35<br>簡単ストレッチ<br>まえかわ          |                                 |                              | 14:00~14:45<br>YOGA<br>NAO           |                                 |                              |   |                                 | 13:00~13:30<br>フィンスイム<br>まつざわ |                                |                      |     |  |                      |     |  |
|                                     |                                 |                               |   |                                 |                              |                                      |                                 |                              |   |                                 |                               |                                |                      |     |  |                      |     |  |
|                                     |                                 |                               |   |                                 |                              |                                      |                                 |                              |   |                                 |                               |                                |                      |     |  |                      |     |  |
|                                     |                                 |                               |   |                                 |                              |                                      |                                 |                              |   |                                 |                               |                                |                      |     |  |                      |     |  |
|                                     |                                 |                               |   |                                 |                              |                                      |                                 |                              |   |                                 |                               |                                |                      |     |  |                      |     |  |
| 19:00~19:45<br>YOGA<br>こんどう         | 19:45~20:15<br>グルーブレッスン<br>時間変更 |                               | 18:45~19:30<br>ZUMBA<br>GOLD®<br>TOMMY☆ | 19:30~20:00<br>グルーブレッスン<br>時間変更 |                              | 19:15~20:00<br>ゆっくりエアロ<br>まえかわ       | 20:00~20:30<br>グルーブレッスン<br>時間変更 |                              | 18:45~19:30<br>ZUMBA<br>TOMMY☆          | 19:30~20:00<br>グルーブレッスン<br>時間変更 |                               |                                |                      |     |  |                      |     |  |



**【営業時間】**  
 平日 10:00~21:20  
 土日祝 10:00~18:00

- 祝日営業日はフロアレッスンが変更になる場合がございます。
- タイムテーブルはホームページからもご覧いただけます。
- スタッフレッスンの時間が変更になっております。ご確認をお願いいたします。

**【休館日】** 毎週木曜日

|       | 月                     |   |   |       |       |       | 火                     |   |       |       |       |   | 水                     |       |       |       |                       |   | 金                     |       |             |             |       |   | 土     |        |             |             |       |   | 日     |        |        |       |       |   | 祝日(平日の祝日の場合) |        |       |   |       |   |       |       |
|-------|-----------------------|---|---|-------|-------|-------|-----------------------|---|-------|-------|-------|---|-----------------------|-------|-------|-------|-----------------------|---|-----------------------|-------|-------------|-------------|-------|---|-------|--------|-------------|-------------|-------|---|-------|--------|--------|-------|-------|---|--------------|--------|-------|---|-------|---|-------|-------|
|       | 1                     | 2 | 3 | 4     | 5     | 6     | 1                     | 2 | 3     | 4     | 5     | 6 | 1                     | 2     | 3     | 4     | 5                     | 6 | 1                     | 2     | 3           | 4           | 5     | 6 | 1     | 2      | 3           | 4           | 5     | 6 | 1     | 2      | 3      | 4     | 5     | 6 | 1            | 2      | 3     | 4 | 5     | 6 |       |       |
| 10:00 | ウオーク                  |   |   |       |       |       | ウオーク                  |   |       |       |       |   | ウオーク                  |       |       |       |                       |   | ウオーク                  |       |             |             |       |   | スクール  |        |             |             |       |   | スクール  |        |        |       |       |   | スクール         |        |       |   |       |   | 10:20 |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 15    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 30    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 45    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 11:00 | 大人レッスン<br>11:00~11:30 |   |   |       |       |       | 大人レッスン<br>11:00~11:30 |   |       |       |       |   | 大人レッスン<br>11:00~11:30 |       |       |       |                       |   | 大人レッスン<br>11:00~11:30 |       |             |             |       |   | スクール  |        |             |             |       |   | スクール  |        |        |       |       |   | スクール         |        |       |   |       |   | 11:00 |       |
| 15    | 子供スクール<br>11:30~12:00 |   |   |       |       |       | 子供スクール<br>11:30~12:00 |   |       |       |       |   | 子供スクール<br>11:30~12:00 |       |       |       |                       |   | 子供スクール<br>11:30~12:00 |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   | 15    |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 30    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 45    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 12:00 |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 12:45 |   |       |        |             |             | 12:45 |   |       |        |        |       | 12:45 |   |              |        |       |   | 12:00 |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   | 15    |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   | 30    |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   | 45    |   |       |       |
| 13:00 | 大人レッスン<br>12:15~13:30 |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       | 大人レッスン<br>12:15~13:30 |   |                       |       |             |             |       |   |       | ウオーキング |             |             |       |   |       | ウオーキング |        |       |       |   |              | ウオーキング |       |   |       |   |       | 13:00 |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 15    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 30    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             | 45    |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 14:00 | 14:15                 |   |   |       |       | 14:15 |                       |   |       |       | 14:15 |   |                       |       |       | 14:15 |                       |   |                       |       | 14:30       |             |       |   |       |        | ウオーキング      |             |       |   |       |        | ウオーキング |       |       |   |              |        | 14:00 |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       | 15    |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       | 30    |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       | 45    |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 15:00 |                       |   |   | 15:30 |       |       |                       |   | 15:30 |       |       |   |                       | 15:30 |       |       |                       |   | 15:30                 |       | 16:00 プール終了 |             |       |   |       |        | 16:00 プール終了 |             |       |   |       |        | 15:00  |       |       |   |              |        |       |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       | 15    |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       | 30    |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       | 45    |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 16:00 |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       | スクール  |                       |   |                       |       |             | 16:00 プール終了 |       |   |       |        |             | 16:00 プール終了 |       |   |       |        |        | 16:00 |       |   |              |        |       |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        | 15    |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        | 30    |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        | 45    |       |   |              |        |       |   |       |   |       |       |
| 17:00 | スクール                  |   |   |       |       |       | スクール                  |   |       |       |       |   | スクール                  |       |       |       |                       |   | スクール                  |       |             |             |       |   | 17:00 |        |             |             |       |   | 17:00 |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   | 15    |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   | 30    |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   | 45    |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 18:00 |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       | 18:00 |                       |   |                       |       |             | 18:00       |       |   |       |        |             | 18:00       |       |   |       |        |        | 18:00 |       |   |              |        |       |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        | 15    |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        | 30    |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        | 45    |       |   |              |        |       |   |       |   |       |       |
| 19:00 |                       |   |   |       | 19:30 |       |                       |   |       | 19:30 |       |   |                       |       | 19:30 |       |                       |   |                       | 19:30 | ウオーキング      |             |       |   |       |        | ウオーキング      |             |       |   |       |        | ウオーキング |       |       |   |              |        | 19:00 |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        | 15    |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        | 30    |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        | 45    |   |       |   |       |       |
| 20:00 |                       |   |   |       | 20:30 |       |                       |   |       | 20:30 |       |   |                       |       | 20:30 |       |                       |   |                       | 20:30 | ウオーキング      |             |       |   |       |        | ウオーキング      |             |       |   |       |        | ウオーキング |       |       |   |              |        | 20:00 |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        | 15    |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        | 30    |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   |       |        |        |       |       |   |              |        | 45    |   |       |   |       |       |
| 21:00 | 21:00 プール終了           |   |   |       |       |       | 21:00 プール終了           |   |       |       |       |   | 21:00 プール終了           |       |       |       |                       |   | 21:00 プール終了           |       |             |             |       |   | 21:00 |        |             |             |       |   | 21:00 |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 15    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   | 15    |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 30    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   | 30    |        |        |       |       |   |              |        |       |   |       |   |       |       |
| 45    |                       |   |   |       |       |       |                       |   |       |       |       |   |                       |       |       |       |                       |   |                       |       |             |             |       |   |       |        |             |             |       |   | 45    |        |        |       |       |   |              |        |       |   |       |   |       |       |

【利用可能コース】  
 利用可能コース  
 利用できません

【利用上の注意】  
 ■ 混雑時は譲り合いながらのご利用をお願い致します。  
 各コース右側通行にご協力ください。