

# YS KICK TIME TABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00							FREE TIME 9:00 - 12:00
10:00	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	FREE TIME 10:00 - 12:00	
11:00	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40		
12:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
13:00	FREE TIME 13:00 - 15:30	FREE TIME 13:00 - 15:30			FREE TIME 13:00 - 16:30		
14:00			BAMBINO	BAMBINO			FREE TIME 13:30 - 15:30
15:00							
16:00	P&Kids A1 16:00 - 17:10	Kids 16:00 - 17:00	P&Kids C1 16:00 - 17:10	FREE TIME 16:00 - 21:00		Kids 16:00 - 17:00	
17:00							BREAK
18:00	P A2 17:10 - 18:20	P B2 17:10 - 18:20	P C2 17:10 - 18:20		P E2 17:10 - 18:20	P F2 17:10 - 18:20	
21:00	FREE TIME 18:20 - 21:00	FREE TIME 18:20 - 21:00	FREE TIME 18:20 - 21:00		FREE TIME 18:20 - 21:00		
	※ FREE TIMEで予約がない場合はジム終了、もしくはレッスン開始15分前まで施錠している場合があります。 ※ FREE TIMEは要予約						
				P=小学生	Kids=園児		

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9:00							FREE TIME 9:00 - 12:00
10:00	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	Ladies Fitness 9:30 - 10:30	FREE TIME 10:00 - 12:00	
11:00	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40	Ladies Fitness 10:40 - 11:40		
12:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
13:00	FREE TIME 13:00 - 15:00	FREE TIME 13:00 - 15:00	FREE TIME 13:00 - 15:00	FREE TIME 13:00 - 15:00	FREE TIME 13:00 - 15:00	FREE TIME 13:00 - 15:00	
14:00							
15:00	P&Kids G1 15:10 - 16:30	P&Kids G1 15:10 - 16:30	P&Kids G1 15:10 - 16:30	P&Kids G1 15:10 - 16:30	P&Kids G1 15:10 - 16:30	P&Kids G1 15:10 - 16:30	
16:00							
17:00	P&Kids G2 16:40 - 18:00	P&Kids G2 16:40 - 18:00	P&Kids G2 16:40 - 18:00	P&Kids G2 16:40 - 18:00	P&Kids G2 16:40 - 18:00	P&Kids G2 16:40 - 18:00	
18:00	FREE TIME 18:00 - 21:00	FREE TIME 18:00 - 21:00	FREE TIME 18:00 - 21:00	FREE TIME 18:00 - 21:00	FREE TIME 18:00 - 21:00		
21:00	※ 日本人学校の長期休み（春・夏・冬休み）期間限定のタイムテーブルです。 ※ FREE TIMEは要予約 P=小学生 Kids=園児						