








# 変更のお知らせ

## 12月9日 土曜日

|       |  | プール   |                                |                      |       |  |
|-------|--|---|--------------------------------|----------------------|-------|--|
|       |  | スタジオ  | プール                            | スクール                 |       |  |
| 9:30  |  |   |                                |                      | 9:30  |  |
| 45    |  |   |                                |                      | 45    |  |
| 10:00 |  |   |                                | ス<br>ジ<br>ユ          | 10:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |    |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 11:00 |  | 10:15~11:15<br>矢吹 千春  | アクアウォーク<br>11:00~11:30<br>鈴木 誠 |                      | 11:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |    | マッスルアクア<br>11:30~12:00<br>鈴木 誠 |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 12:00 |  | 11:30~12:30<br>矢吹 千春  |                                |                      | 12:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |   |                                | 成人<br>(初級)           | 30    |  |
| 45    |  |   |                                | 12:15~13:15<br>若井 泰規 | 45    |  |
| 13:00 |  |    | 初めて背泳ぎ<br>12:45~13:15<br>森 愛   |                      | 13:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  | 12:45~13:45<br>鈴木 誠   | アクアダンス<br>13:30~14:00<br>渡辺 詩穂 |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 14:00 |  |   | 脂肪バイバイ<br>14:00~14:30<br>半澤 祥太 |                      | 14:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  | 14:00~14:45<br>吉成 久幸  |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 15:00 |  |  | 初めてバタフライ<br>15:00~15:30<br>森 愛 |                      | 15:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  | 15:00~15:45<br>半澤 祥太  |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 16:00 |  |   |                                |                      | 16:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |   |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 17:00 |  |   |                                |                      | 17:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |   |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 18:00 |  |   |                                |                      | 18:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |   |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 19:00 |  |  |                                |                      | 19:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  | 18:45~19:45<br>渡辺 詩穂  |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 20:00 |  |  | メニュー<br>マスターズ<br>19:30~20:30   |                      | 20:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  | 20:00~21:00<br>小林 大昌  |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 21:00 |  |   |                                |                      | 21:00 |  |
| 15    |  |   |                                |                      | 15    |  |
| 30    |  |   |                                |                      | 30    |  |
| 45    |  |   |                                |                      | 45    |  |
| 22:00 |  | 22:00閉館   |                                |                      | 22:00 |  |

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