

2026

1

月

ACROPORT

レッスン タイムスケジュール

本年もよろしくお願いいたします！

| | 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 |
| 10:00 | | 10:15~10:20 | | | 10:15~10:20 | | | 10:15~10:20 | | | 10:15~10:20 | | | 10:15~10:20 | | | 10:15~10:20 | |
| 10:30 | | ラジオ体操 | | | ラジオ体操 | | | ラジオ体操 | | | ラジオ体操 | | | ラジオ体操 | | | ラジオ体操 | |
| 11:00 | 10:50~11:35 ZUMBA® TOMMY☆ | 10:50~11:20 グループレッスン | 11:00~11:30 水中健康体操 まつざわ | 10:50~11:35 ZUMBA® TOMMY☆ | 10:50~11:20 グループレッスン | 11:00~11:30 ウォーキング やまがた | 10:50~11:35 ZUMBA® KAYO | 10:50~11:20 グループレッスン | 11:00~11:30 ウォーキング まつざわ | 10:30~11:15 エレガント ボディメイク まつたに | 10:50~11:20 グループレッスン | 11:00~11:30 水中健康体操 おだ | 10:45~11:30 初心者エアロ こまつ | | | 10:30~11:15 簡単ダンス エクササイズ まつたに | | |
| 11:30 | | | | | | | | | | | | | | | | | | |
| 12:00 | 11:50~12:20 スタッフオリジナル アクロスタッフ | | | 11:50~12:20 スタッフオリジナル アクロスタッフ | | | 11:50~12:35 Q-ren 骨盤体操 KAYO | 11:50~12:20 TRX | | 11:45~12:30 ZUMBA GOLD® TOMMY☆ | | 12:15~13:00 初級水泳教室 まつざわ | | | | | | |
| 12:30 | | | 12:15~13:00 初級水泳教室 まつざわ | | | | | | | | | | | | | | | |
| 13:00 | 12:50~13:35 やさしいヨガ AYA | | 13:00~13:30 マスターズ まつざわ | 13:00~13:45 コンディショニング Ryl | | | 12:50~13:35 YOGA NAO | | | 12:50~13:35 パワー-YOGA こんどう | | 13:00~13:30 フィンスイム まつざわ | 13:00~13:30 スタッフオリジナル アクロスタッフ | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | |
| 14:00 | 13:45~14:30 コンディショニング ピラティス AYA | | | | | | | | | | | | 13:40~14:25 ZUMBA GOLD® TOMMY☆ | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | 18:30~19:15 ZUMBA® Ryl | | | 18:45~19:30 ZUMBA TOMMY☆ | | | | | | | | |
| 19:00 | 19:00~19:45 YOGA こんどう | | | 18:45~19:30 ZUMBA GOLD® TOMMY☆ | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | |

タオルを
ご持参ください
(なんでも可)


タオルを
ご持参ください
(なんでも可)

【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ご覧いただけます。

【休館日】 毎週木曜日



| | 月 | | | | | | 火 | | | | | | 水 | | | | | | 金 | | | | | | 土 | | | | | | 日 | | | | | | 祝日(平日の祝日の場合) | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 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 | ウォーク | | | | | | ウォーク | | | | | | | ウォーク | | | | | | ウォーク | | | | | | スクール | | | | | | スクール | | | | | | スクール | | | | | | 10:00 | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | |
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| 11:00 | 大人レッスン 11:00～11:30 | | | | | | 大人レッスン 11:00～11:30 | | | | | | 大人レッスン 11:00～11:30 | | | | | | 大人レッスン 11:00～11:30 | | | | | | スクール | | | | | | スクール | | | | | | スクール | | | | | | 11:00 | | | | | | | | | | | | | | | | | | |
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| 30 | 子供スクール 11:30～12:00 | | | | | | 子供スクール 11:30～12:00 | | | | | | 子供スクール 11:30～12:00 | | | | | | 子供スクール 11:30～12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 30 | | | | |
| 45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 45 | | |
| 12:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | 12:45 | | | | | | 12:45 | | | | | | 12:45 | | | | | | 12:00 | | | | | | | | | | | | | | | | | |
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| 30 | 大人レッスン 12:15～13:30 | | | | | | | 大人レッスン 12:15～13:30 | | | | | | | 大人レッスン 12:15～13:30 | | | | | | | 大人レッスン 12:15～13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 30 | |
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| 13:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 13:00 | | | | | | | | | | | | | | | | | | | |
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| 14:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 14:00 | | | | | | | | | | | | | | | | | | | |
| 15 | 14:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | | | | | | | | | | | | | | | | |
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| 15:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 15:00 | | | | | | | | | | | | | | | | | | | |
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| 16:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 16:00 | | | | | | | | | | | | | | | | | | | |
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| 17:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 17:00 | | | | | | | | | | | | | | | | | | | |
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| 18:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 18:00 | | | | | | | | | | | | | | | | | | | |
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| 19:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 19:00 | | | | | | | | | | | | | | | | | | | |
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| 20:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 20:00 | | | | | | | | | | | | | | | | | | | |
| 15 | 20:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | | | | | | | | | | | | | | | | |
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| 21:00 | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | ウォーキングコース | | | | | | | | | | | | | | | | | | | | | | 21:00 | | | | | | | | | | | | | | | | | | | |
| 15 | 21:00 プール終了 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 30 | | | | | | | | | | | | | | | | | | | |
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【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。