



# トレーニングルーム 専用予約スケジュール

ご予約可能期間
  ご予約前期間
 ●・・・空き
×・・・予約済み

3月15日 現在

	3月										4月																								
	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	土	日	月	火	水	木	金	土	日	月	火	水	木	金	土	日	月	火	水	木	金	土	日	月	火	水	木	金	土	日	月	火	水	木	金
トレーニングルーム①	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
9:00 トレーニングルーム②	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
全面	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
トレーニングルーム①	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
10:00 トレーニングルーム②	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
全面	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
トレーニングルーム①	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
11:00 トレーニングルーム②	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
全面	×	×	●	●	●	●	×	×		●	●	●	●	×	×	●	●	●	●	×	×	●	●	●	●	●	×								
トレーニングルーム①	×	×	●	×	●	●	×	×		×	●	●	●	×	×	●	×	●	●	×	×	●	×	●	●	●	×								
12:00 トレーニングルーム②	×	×	●	×	●	●	×	×		×	●	●	●	×	×	●	×	●	●	×	×	●	×	●	●	●	×								
全面	×	×	●	×	●	●	×	×		×	●	●	●	×	×	●	×	●	●	×	×	●	×	●	●	●	×								
トレーニングルーム①	×	●	●	×	×	●	●	×	×	×	×	●	●	×	●	●	×	×	●	●	×	●	●	×	×	●	●	×							
13:00 トレーニングルーム②	×	●	●	×	×	●	●	×	●	×	×	●	●	×	●	●	×	×	●	●	×	●	●	×	×	●	●	×							
全面	×	●	●	×	×	●	●	×	●	×	×	●	●	×	●	●	×	×	●	●	×	●	●	×	×	●	●	×							
トレーニングルーム①	×	●	●	×	×	●	●	×	×	×	×	●	●	×	●	●	×	×	●	●	×	●	●	×	×	●	●	×							
14:00 トレーニングルーム②	×	●	●	×	×	●	●	×	●	×	×	●	●	×	●	●	×	×	●	●	×	●	●	×	×	●	●	×							
全面	×	●	●	×	×	●	●	×	●	×	×	●	●	×	●	●	×	×	●	●	×	●	●	×	×	●	●	×							
トレーニングルーム①	×	●	●	×	●	●	×	●		×	●	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●							
15:00 トレーニングルーム②	×	●	●	×	●	●	×	●		×	●	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●							
全面	×	●	●	×	●	●	×	●		×	●	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●							
トレーニングルーム①	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
16:00 トレーニングルーム②	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
全面	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
トレーニングルーム①	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
17:00 トレーニングルーム②	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
全面	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
トレーニングルーム①	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
18:00 トレーニングルーム②	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
全面	●	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
トレーニングルーム①	●	●	●	×	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
19:00 トレーニングルーム②	●	●	●	×	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
全面	●	●	●	×	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
トレーニングルーム①	●	●	●	×	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
20:00 トレーニングルーム②	●	●	●	×	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							
全面	●	●	●	×	×	●	×	●	●	×	●	×	×	●	●	×	●	×	×	●	●	×	●	×	×	×	●	●							

\* 毎週土曜日に更新予定

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		土	日	月	火	水	木	金	土	日	月	火	水	木	金	土	日	月	火	水	木	金	土	日	月	火	水	木	金	土	日	月	火	水	木	金						
9:00	レーン①	×	×	●	●	●	●	●	×	×	休館日	●	●	●	●	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
	レーン②	×	×	●	●	●	●	●	×	×		●	●	●	●	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×						
10:00	レーン①	×	×	●	●	●	●	●	×	×		●	●	●	●	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×						
	レーン②	×	×	●	●	●	●	●	×	×		●	●	●	●	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×						
11:00	レーン①	×	×	●	●	●	●	●	×	×		●	●	●	●	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×						
	レーン②	×	×	●	●	●	●	●	×	×		●	●	●	●	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×					
12:00	レーン①	×	×	●	×	×	●	×	×	×		×	×	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×						
	レーン②	×	×	●	×	●	●	×	×	×		×	●	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×					
13:00	レーン①	×	●	●	×	×	●	×	×	●		×	×	×	×	×	×	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×						
	レーン②	×	●	●	×	×	●	×	×	●		×	×	×	×	×	×	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×					
14:00	レーン①	×	●	●	×	×	●	×	×	●		休館日	×	×	×	×	×	×	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×
	レーン②	×	●	●	×	×	●	×	×	●			×	×	×	×	×	×	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
15:00	レーン①	●	●	●	×	×	●	×	●	●			×	×	●	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
	レーン②	●	●	●	×	×	●	×	●	●			×	×	●	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×			
16:00	レーン①	●	●	●	●	●	●	●	●	●			●	●	●	●	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
	レーン②	●	●	●	●	●	●	●	●	●			●	●	●	●	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×			
17:00	レーン①	●	●	●	●	●	●	●	●	●			●	●	●	●	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
	レーン②	●	●	●	●	●	●	●	●	●			●	●	●	●	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×			
18:00	レーン①	●	●	●	×	×	●	×	●	●			×	×	×	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×			
	レーン②	●	●	●	×	×	●	×	●	●			×	×	×	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×			
19:00	レーン①	●	●	●	×	×	●	×	●	●	×		×	×	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
	レーン②	●	●	●	×	×	●	×	●	●	×		×	×	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
20:00	レーン①	●	●	●	×	×	●	×	●	●	×		×	×	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				
	レーン②	●	●	●	×	×	●	×	●	●	×		×	×	×	●	●	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×				

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