

# 【2009年12月～】東京体育館レッスンスケジュール

|       | 月曜日  |         |        | 火曜日  |         |        | 水曜日  |         |        | 木曜日  |         |        | 金曜日  |         |        | 土曜日  |         |        | 日曜日  |         |        |       |
|-------|------|---------|--------|------|---------|--------|------|---------|--------|------|---------|--------|------|---------|--------|------|---------|--------|------|---------|--------|-------|
|       | スタジオ | フリースペース | 25Mプール | スタジオ | フリースペース | 25Mプール | スタジオ | フリースペース | 25Mプール | スタジオ | フリースペース | 25Mプール | スタジオ | フリースペース | 25Mプール | スタジオ | フリースペース | 25Mプール | スタジオ | フリースペース | 25Mプール |       |
| 8:15  |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 8:15  |
| 9:30  |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 9:30  |
| 10:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 10:00 |
| 10:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 10:15 |
| 10:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 10:30 |
| 10:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 10:45 |
| 11:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 11:00 |
| 11:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 11:15 |
| 11:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 11:30 |
| 11:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 11:45 |
| 12:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 12:00 |
| 12:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 12:15 |
| 12:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 12:30 |
| 12:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 12:45 |
| 13:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 13:00 |
| 13:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 13:15 |
| 13:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 13:30 |
| 13:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 13:45 |
| 14:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 14:00 |
| 14:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 14:15 |
| 14:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 14:30 |
| 14:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 14:45 |
| 15:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 15:00 |
| 15:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 15:15 |
| 15:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 15:30 |
| 15:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 15:45 |
| 16:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 16:00 |
| 16:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 16:15 |
| 16:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 16:30 |
| 16:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 16:45 |
| 17:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 17:00 |
| 17:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 17:15 |
| 17:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 17:30 |
| 17:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 17:45 |
| 18:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 18:00 |
| 18:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 18:15 |
| 18:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 18:30 |
| 18:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 18:45 |
| 19:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 19:00 |
| 19:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 19:15 |
| 19:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 19:30 |
| 19:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 19:45 |
| 20:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 20:00 |
| 20:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 20:15 |
| 20:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 20:30 |
| 20:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 20:45 |
| 21:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 21:00 |
| 21:15 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 21:15 |
| 21:30 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 21:30 |
| 21:45 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 21:45 |
| 22:00 |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        |      |         |        | 22:00 |

**東京体育館 ティップネス フィットネスアリーナ** (プール/トレーニングルーム/スタジオ)  
 【閉館時間】  
 平日9:00～23:00  
 土曜9:00～22:00  
 日曜9:00～21:00  
 【住所】  
 東京都渋谷区千駄ヶ谷1-17-1  
 【TEL】  
 03-5474-2114