

2020.3.23~ ジェクサー・フィットネス&スパ上野グループエクササイズタイムスケジュール(月~木)

Monday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 7:30 to 22:30.

Tuesday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 7:15 to 22:30.

Wednesday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 7:15 to 22:30.

Thursday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 7:15 to 22:30.

2020.3.23~ ジェクサー・フィットネス&スパ上野グループエクササイズタイムスケジュール(金~日)

Friday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 7:30 to 22:30.

Saturday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 9:50 to 22:30.

Sunday schedule table with columns for Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール. Includes times from 9:50 to 22:30.

Vertical sidebar containing class descriptions for Hot, Bikini, Warm, Free Time, School, Chain, and Web classes, along with a QR code for information reception.

VOLCANO...22名 CORE...39名 TRUSS...18名 CHAIN...14名
アクアプログラム...20名 テクニカルプログラム...10名