

5/4 (祝) みごりの日 月曜日. Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, プール. 7:30-22:30. Includes classes like RITMOS, LESMILLS BODYPUMP, and THE TRIP.

5/5 (祝) こどもの日 火曜日. Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, プール. 7:30-22:30. Includes classes like LESMILLS BODYPUMP, THE TRIP, and RITMOS.

5/6 (祝) 振替休日 水曜日. Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, プール. 7:30-22:30. Includes classes like LESMILLS BODYPUMP, THE TRIP, and RITMOS.

5/7 木曜日. Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, プール. 7:15-25:00. Includes classes like LESMILLS BODYPUMP, THE TRIP, and RITMOS.

金曜日. Studio VOLCANO, Studio CORE, Studio CHAIN, プール. 7:30-22:30. Includes classes like LESMILLS BODYPUMP, THE TRIP, and RITMOS.

5/2 土曜日. Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, プール. 7:30-22:30. Includes classes like LESMILLS BODYPUMP, THE TRIP, and RITMOS.

5/3 (祝) 憲法記念日 日曜日. Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, プール. 7:30-22:30. Includes classes like LESMILLS BODYPUMP, THE TRIP, and RITMOS.

2024年10月~更新内容. 一部担当者変更、時間変更、レッスン変更. Includes icons for Hot, Warm, Rock Bath, and JF TV, along with a detailed text description of the updates.

休館日

インフォメーション 登録設定. Includes QR codes and screenshots of the website's registration process.