

Main time table grid showing classes for MON, TUE, WED, THU, SAT, SUN across various studios (STUDIO1, STUDIO2, MULTI 1, BIKE) and times (12:00-19:00).

営業時間について (Business Hours) and レッスン事前予約について (Lesson Pre-booking) details. Includes studio usage times, front/reception hours, and pre-booking rules.

※マーク プログラムについて (Marked Programs) and 45分クラス (45-minute class) details. Includes information on program fees, pickup membership, and equipment usage.

パーソナルについて (Personal Training) and グループパーソナルについて (Group Personal Training) details. Includes pricing, booking rules, and instructor information.

スタジオレンタルおよび追加パーソナルについて (Studio Rental and Additional Personal Training) details. Includes a table for rental rates and booking procedures.