

Main program schedule table with columns for days of the week (月曜日 to 日曜日) and time slots (9:00 to 22:00). Each cell contains details of the program, including studio names (e.g., Aスタジオ, Bスタジオ) and instructor names.

【各クラスの定員】 (Class Capacity) table listing studio types and their respective capacities. Includes a note about monthly class counts for specific dates.

《営業時間》 (Business Hours) listing hours for Monday-Friday, Saturday, and Sunday/Holidays.

《休館日のご案内》 (Closed Days Notice) stating that the facility is closed on the 10th, 20th, and end of the month.

《プログラムオプションについて》 (Program Option Notice) detailing registration and participation requirements for various programs.

Program participation notice: 'プログラム参加が初めて・不安な方は、まずこのマークのプログラムからスタートしてみよう!' (For first-time participants or those who are nervous, please start with programs marked with this icon!).

Program option notice: '★プログラムタイムテーブル内のスタジオ・プールは、プログラムオプション会員の方にご参加いただけます。' (★ Studios and pools in the program time table are available to program option members.)