

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). Includes various activities like Zumba, Pilates, and swimming classes.

【各クラスの定員】 (Class Capacity) table listing activities and their respective participant limits.

【プログラムオプションについて】 (Program Options) and 【プログラム予約について】 (Program Reservation) text boxes.

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

《休館日のご案内》 (Closed Days Notice) listing monthly 10th, 20th, and month-end as closed days.

Program participation information box with icons and text: '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 options and pricing information box: '★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 for program option members.)

Additional program details and membership information box: '《ジムプログラム～ジムエリア～》プログラムオプション登録なしで全会員の方にご参加いただけます' (《Gym Program ~ Gym Area ~》 You can participate in the program without registering for program options for all members.)