


	月 Mon	火 Tue	水 Wed	木 Thu	金 Fri	土 Sat	日 Sun
7:00	6:30-7:30 CrossFit	6:30-7:30 CrossFit	Closed	6:30-7:30 CrossFit	6:30-7:30 CrossFit	Closed	Closed
8:00	8:00-9:00 CrossFit	8:00-9:00 CrossFit		8:00-9:00 CrossFit	8:00-9:00 CrossFit		
9:00	Open gym	Open gym		Open gym	Open gym	9:00-10:00 CrossFit	9:00-10:00 CrossFit
10:00	10:30-11:30 CrossFit	10:30-11:30 CrossFit		10:30-11:30 CrossFit	10:30-11:30 CrossFit	10:15-11:15 CrossFit	10:15-11:15 CrossFit
11:00	Open gym	Open gym		Open gym	Open gym	11:30-12:30 CrossFit	11:30-12:30 CrossFit
12:00	Open gym	Open gym		Open gym	Open gym	Open gym	Open gym
13:00	Open gym	Open gym		Open gym	Open gym	Open gym	Open gym
14:00	Open gym	Open gym		Open gym	Open gym	Open gym	Open gym
15:00	Open gym	Open gym		Open gym	Open gym	Open gym	Open gym
16:00	Open gym	Open gym		Open gym	Open gym	Open gym	Open gym
17:00	17:30-18:30 CrossFit	17:30-18:30 CrossFit	17:30-18:30 CrossFit	17:30-18:30 CrossFit	17:30-18:30 CrossFit		
18:00	18:45-19:45 CrossFit	18:45-19:45 CrossFit	18:45-19:45 CrossFit	18:45-19:45 CrossFit	18:45-19:45 CrossFit		
19:00	20:00-21:00 CrossFit	20:00-21:00 CrossFit	20:00-21:00 CrossFit	20:00-21:00 CrossFit	20:00-21:00 CrossFit		
20:00							
21:00							

※クラススケジュールは月毎に変更される場合がございます。また、祝日・年末年始・お盆期間等については別途クラススケジュールとなります。