

ジューサー・フィットネス&スパ上野グループエクササイズタイムスケジュール

Main schedule table for weekdays (Monday-Friday) showing class times and instructors across various studios like Studio VOLCANO, Studio CORE, Studio TRUSS, Studio CHAIN, and プール.

Schedule for 休館日 (Closed Days) with a large '休館日' text overlay.

Schedule for 土曜日 (Saturday) showing class times and instructors.

Schedule for 日曜日 (Sunday) showing class times and instructors.

2024年10月~更新内容 (2024 October ~ Update Content) section containing:
- Hot/Warm/Free Time/Warmup/Short-term fee school/JF TV icons and descriptions.
- WEB予約システム アカウント登録方法 (WEB Reservation System Account Registration Method) with details on membership and booking.
- インフォメーション受信設定 (Information Reception Settings) with QR codes and a screenshot of the app interface.