

Main schedule table with columns for days of the week (月, 火, 水, 木, 金, 土, 日) and rows for time slots (9:00 to 21:30). Activities include Pilates, Yoga, Zumba, and various swimming lessons.

休館日 (Closed Days)

詳しくはフロントもしくは館内掲示をご覧ください

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スタジオリュウケイ (Studio Rental) and プールプログラム (Pool Program) information. Includes details on lesson fees, pool program fees, and booking procedures.

ご案内 (Notice) regarding lesson start times and lottery results. States that lessons start 30 minutes before the scheduled time and lottery results are posted after the lottery.