

| 4月 | 月曜日 ♠ 関節痛対策 11:00 | | | |
|----|-------------------|-------|-------|-------|
| | 4月4日 | 4月11日 | 4月18日 | 4月25日 |
| 1 | 397 | 210 | 108 | 1713 |
| 2 | 1399 | 48 | 1539 | 262 |
| 3 | 22 | 1717 | 1347 | 1684 |
| 4 | 39 | 1713 | 21 | 210 |
| 5 | 410 | 1348 | 1273 | 811 |
| 6 | 1273 | 262 | 1399 | 1348 |
| 7 | 1271 | 298 | 1682 | 298 |
| 8 | 108 | 1684 | 1271 | 646 |
| 9 | 1539 | 1704 | 39 | 48 |
| 10 | 449 | 1182 | 22 | 397 |
| 11 | 646 | 811 | 449 | 410 |
| 12 | 1684 | 1682 | 397 | 1182 |
| 13 | 210 | 1347 | 646 | 1717 |
| 14 | 89 | 21 | 410 | 1704 |
| 15 | 1713 | 1539 | 1684 | 1682 |
| 16 | 48 | 1273 | 210 | 1347 |
| 17 | 1348 | 449 | 1713 | 21 |
| 18 | 262 | 108 | 48 | 1539 |
| 19 | 298 | 1399 | 1348 | 449 |
| 20 | 811 | 1271 | 262 | 108 |
| 21 | 1182 | 22 | 298 | 1399 |
| 22 | 1717 | 397 | 811 | 1271 |
| 23 | 1704 | 646 | 1182 | 22 |
| 24 | 1682 | 410 | 1717 | |
| 25 | 1347 | | 1704 | |
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| 4月 | 月曜日 らくらくポール 13:10 | | | |
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| | 4月4日 | 4月11日 | 4月18日 | 4月25日 |
| 1 | 143 | 579 | 1659 | 1112 |
| 2 | 108 | 1742 | 989 | 579 |
| 3 | 989 | 1113 | 143 | 1742 |
| 4 | 1731 | 726 | 577 | 726 |
| 5 | 1112 | 1164 | 108 | 1164 |
| 6 | 1713 | 48 | 210 | 1731 |
| 7 | 85 | 577 | 1713 | 989 |
| 8 | 1659 | 1731 | 646 | 48 |
| 9 | 48 | 210 | 1682 | 1113 |
| 10 | 1682 | 646 | 144 | 1713 |
| 11 | 144 | 1112 | 85 | 143 |
| 12 | 210 | 1713 | 726 | 1659 |
| 13 | 646 | 989 | 579 | 108 |
| 14 | 577 | 143 | 1164 | 1682 |
| 15 | 726 | 1659 | 1742 | 144 |
| 16 | 579 | 108 | 1113 | 85 |
| 17 | 1164 | 1682 | 1112 | 210 |
| 18 | 1742 | 144 | 1731 | 646 |
| 19 | 1113 | 85 | 48 | 577 |
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| 4月 | 水曜日 バランスボール 10:00 | | | |
|----|-------------------|-------|-------|-------|
| | 4月6日 | 4月13日 | 4月20日 | 4月27日 |
| 1 | 410 | 1713 | 811 | 989 |
| 2 | 449 | 186 | 1348 | 1273 |
| 3 | 989 | 867 | 1408 | 1682 |
| 4 | 811 | 646 | 210 | 1660 |
| 5 | 1347 | 1399 | 449 | 1399 |
| 6 | 22 | 397 | 780 | 1182 |
| 7 | 108 | 1682 | 108 | 1731 |
| 8 | 1408 | 1182 | 851 | 22 |
| 9 | 210 | 298 | 764 | 410 |
| 10 | 1348 | 1731 | 1659 | 646 |
| 11 | 1659 | 1660 | 1347 | 1713 |
| 12 | 1660 | 764 | 410 | 298 |
| 13 | 1399 | 780 | 989 | 397 |
| 14 | 1682 | 449 | 22 | 186 |
| 15 | 1731 | 1659 | 1660 | 867 |
| 16 | 646 | 210 | 1399 | 764 |
| 17 | 1182 | 1347 | 1682 | 780 |
| 18 | 1713 | 1348 | 1731 | 449 |
| 19 | 298 | 108 | 646 | 1659 |
| 20 | 397 | 1408 | 1182 | 210 |
| 21 | 1273 | 811 | 1713 | 1347 |
| 22 | 867 | 410 | 298 | 1348 |
| 23 | 764 | 989 | 397 | 108 |
| 24 | 780 | 22 | 186 | 1408 |
| 25 | | | 867 | 811 |
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| 4月 | 水曜日 腸&リンパ美人®エクササイズ 11:00 | | | |
|----|--------------------------|-------|-------|-------|
| | 4月6日 | 4月13日 | 4月20日 | 4月27日 |
| 1 | 579 | 1717 | 89 | 867 |
| 2 | 1550 | 1107 | 1183 | 1271 |
| 3 | 1705 | 410 | 1731 | 1550 |
| 4 | 1113 | 764 | 397 | 22 |
| 5 | 1682 | 1704 | 1399 | 210 |
| 6 | 1182 | 1304 | 1347 | 1258 |
| 7 | 780 | 1659 | 186 | 298 |
| 8 | 1684 | 108 | 493 | 1408 |
| 9 | 1258 | 646 | 262 | 21 |
| 10 | 298 | 989 | 811 | 1348 |
| 11 | 39 | 297 | 851 | 1705 |
| 12 | 989 | 1408 | 1348 | 1182 |
| 13 | 1704 | 397 | 21 | 1682 |
| 14 | 410 | 262 | 867 | 780 |
| 15 | 1659 | 186 | 22 | 1113 |
| 16 | 1717 | 1183 | 1273 | 39 |
| 17 | 646 | 493 | 1271 | 579 |
| 18 | 297 | 89 | 210 | 989 |
| 19 | 1107 | 1347 | 1705 | 1704 |
| 20 | 108 | 811 | 1258 | 410 |
| 21 | 1304 | 1731 | 1550 | 1659 |
| 22 | 764 | 1399 | 298 | 1717 |
| 23 | 397 | 1348 | 1684 | 646 |
| 24 | 262 | 21 | 1182 | 297 |
| 25 | 1183 | 867 | 1682 | 1107 |
| 26 | 493 | 22 | 780 | 108 |
| 27 | 89 | 1273 | 1113 | 1304 |
| 28 | 1347 | 1271 | 39 | 764 |
| 29 | 811 | 210 | 579 | 397 |
| 30 | 1731 | 1705 | 989 | 262 |
| 31 | 1399 | 1258 | 1704 | 186 |
| 32 | 1348 | 298 | 410 | 1183 |
| 33 | 21 | 1182 | 1659 | 493 |
| 34 | 867 | 1682 | 1717 | 89 |
| 35 | 22 | 780 | 646 | 1347 |
| 36 | 1271 | 1113 | 297 | 811 |
| 37 | 210 | 39 | 1107 | 1731 |
| 38 | | 579 | 108 | 1399 |
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| 4月 | 水曜日 ♠ 関節痛対策 14:00 | | | |
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| | 4月6日 | 4月13日 | 4月20日 | 4月27日 |
| 1 | 867 | 1731 | 85 | 186 |
| 2 | 68 | 144 | 103 | 68 |
| 3 | 1476 | 579 | 131 | 1731 |
| 4 | 103 | 131 | 33 | 293 |
| 5 | 293 | 293 | 68 | 579 |
| 6 | 1258 | 1649 | 867 | 726 |
| 7 | 85 | 989 | 1649 | 989 |
| 8 | 1107 | 143 | 1742 | 1258 |
| 9 | 1742 | 186 | 1476 | 1408 |
| 10 | 33 | 1408 | 1107 | 144 |
| 11 | 579 | 1258 | 143 | 33 |
| 12 | 131 | 68 | 186 | 1107 |
| 13 | 1649 | 33 | 989 | 85 |
| 14 | 143 | 1107 | 1731 | 1476 |
| 15 | 989 | 85 | 144 | 867 |
| 16 | 1731 | 1476 | 1258 | 103 |
| 17 | 144 | 867 | 293 | 1742 |
| 18 | | 103 | 579 | 131 |
| 19 | | 1742 | | 1649 |
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| 4月 | #N/A | | | | |
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| 4月 | 木曜日 フラダンス 10:00 | | | |
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| | 4月7日 | 4月14日 | 4月21日 | 4月28日 |
| 1 | 298 | 485 | 449 | 108 |
| 2 | 1649 | 1182 | 108 | 1682 |
| 3 | 1113 | 449 | 1682 | 1113 |
| 4 | 89 | 1682 | 1774 | 1774 |
| 5 | 449 | 1347 | 1182 | 485 |
| 6 | 1682 | 1113 | 186 | 186 |
| 7 | 1182 | 1649 | 1347 | 1649 |
| 8 | 485 | 108 | 1649 | 298 |
| 9 | 1347 | 1774 | 298 | 1347 |
| 10 | 186 | 89 | 485 | 89 |
| 11 | 1774 | 579 | 579 | 579 |
| 12 | 108 | 298 | 1113 | 449 |
| 13 | | 186 | 89 | 1182 |
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| 4月 | 木曜日 らくらくポール 11:25 | | | |
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| | 4月7日 | 4月14日 | 4月21日 | 4月28日 |
| 1 | 1684 | 1271 | 1705 | 493 |
| 2 | 89 | 397 | 1649 | 1304 |
| 3 | 210 | 262 | 210 | 108 |
| 4 | 1682 | 1717 | 1113 | 485 |
| 5 | 1649 | 1182 | 1682 | 1182 |
| 6 | 1705 | 485 | 1684 | 262 |
| 7 | 298 | 493 | 298 | 397 |
| 8 | 186 | 297 | 89 | 1705 |
| 9 | 485 | 579 | 579 | 297 |
| 10 | 1113 | 108 | 646 | 1271 |
| 11 | 646 | 1304 | 186 | 1717 |
| 12 | 1182 | 1705 | 1182 | 298 |
| 13 | 1271 | 1649 | 1271 | 1113 |
| 14 | 1717 | 298 | 1717 | 1684 |
| 15 | 493 | 1113 | 493 | 186 |
| 16 | 297 | 1684 | 297 | 646 |
| 17 | 262 | 186 | 262 | 1682 |
| 18 | 397 | 646 | 397 | 89 |
| 19 | 108 | 1682 | 108 | 210 |
| 20 | 39 | 89 | 1304 | 579 |
| 21 | 1304 | 210 | 485 | |
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| 4月 | 木曜日 αボール 13:30 | | | |
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| | 4月7日 | 4月14日 | 4月21日 | 4月28日 |
| 1 | 1682 | 143 | 1682 | 1408 |
| 2 | 103 | 726 | 186 | 144 |
| 3 | 210 | 1408 | 1713 | 1704 |
| 4 | 1348 | 1399 | 1348 | 726 |
| 5 | 1660 | 1704 | 646 | 1107 |
| 6 | 646 | 1107 | 1659 | 108 |
| 7 | 68 | 764 | 22 | 1399 |
| 8 | 22 | 144 | 68 | 143 |
| 9 | 1659 | 108 | 210 | 103 |
| 10 | 85 | 1476 | 1660 | 1476 |
| 11 | 1713 | 989 | 85 | 764 |
| 12 | 144 | 186 | 103 | 989 |
| 13 | 1399 | 646 | 144 | 186 |
| 14 | 1408 | 85 | 1399 | 646 |
| 15 | 143 | 210 | 143 | 85 |
| 16 | 108 | 68 | 108 | 210 |
| 17 | 1476 | 1660 | 1476 | 68 |
| 18 | 726 | 1713 | 726 | 1660 |
| 19 | 764 | 1659 | 764 | 1713 |
| 20 | 1107 | 1348 | 1107 | 1659 |
| 21 | 989 | 22 | 989 | 1348 |
| 22 | 186 | 1682 | | 22 |
| 23 | | 103 | | 1682 |
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| 4月 | 木曜日 ◆ エアロビクス 14:30 | | | |
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| | 4月7日 | 4月14日 | 4月21日 | 4月28日 |
| 1 | 68 | 22 | 22 | 68 |
| 2 | 1742 | 143 | 1107 | 1408 |
| 3 | 1107 | 1408 | 68 | 186 |
| 4 | 186 | 867 | 764 | 143 |
| 5 | 1713 | 1660 | 1659 | 1742 |
| 6 | 210 | 1742 | 867 | 1107 |
| 7 | 1476 | 48 | 1476 | 1476 |
| 8 | 85 | 989 | 1660 | 989 |
| 9 | 1408 | 764 | 1713 | 85 |
| 10 | 1659 | 210 | 48 | 1659 |
| 11 | 989 | 85 | 186 | 210 |
| 12 | 1660 | 186 | 143 | 1713 |
| 13 | 22 | 1659 | 989 | 1660 |
| 14 | 764 | 68 | 85 | 22 |
| 15 | 867 | 1476 | 210 | 764 |
| 16 | 48 | 1107 | | 867 |
| 17 | 143 | 1713 | | 48 |
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| 4月 | | | | | |
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| 木曜日 シェイプUPボディ 19:00 | | | | | |
| | 4月7日 | 4月14日 | 4月21日 | 4月28日 | |
| 1 | 1399 | 1407 | 551 | 551 | |
| 2 | 1625 | 522 | 1745 | 608 | |
| 3 | 522 | 1745 | 522 | 931 | |
| 4 | 1407 | 1399 | 851 | 1773 | |
| 5 | 931 | 1773 | 1399 | 1625 | |
| 6 | 1745 | 1408 | 608 | 1408 | |
| 7 | 551 | 1625 | 1407 | 1399 | |
| 8 | 1773 | 608 | 931 | 1745 | |
| 9 | 608 | 551 | 1625 | 1407 | |
| 10 | 851 | 931 | 1773 | 522 | |
| 11 | 1408 | | | 851 | |
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| 4月 | 金曜日 ◆ 優しいエアロ 10:00 | | | |
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| | 4月1日 | 4月8日 | 4月15日 | 4月22日 |
| 1 | 1682 | 21 | 1682 | 108 |
| 2 | 262 | 811 | 1731 | 21 |
| 3 | 449 | 144 | 1182 | 1348 |
| 4 | 397 | 1399 | 1717 | 1704 |
| 5 | 1774 | 1347 | 646 | 144 |
| 6 | 1182 | 1704 | 780 | 39 |
| 7 | 646 | 89 | 1774 | 1399 |
| 8 | 1649 | 39 | 298 | 89 |
| 9 | 1717 | 1348 | 449 | 1347 |
| 10 | 780 | 108 | 397 | 811 |
| 11 | 1731 | 297 | 262 | 297 |
| 12 | 1273 | 298 | 1704 | 298 |
| 13 | 21 | 1774 | 21 | 1774 |
| 14 | 108 | 1717 | 108 | 1717 |
| 15 | 297 | 449 | 297 | 449 |
| 16 | 1347 | 397 | 1347 | 397 |
| 17 | 1348 | 1182 | 1348 | 1182 |
| 18 | 89 | 646 | 89 | 646 |
| 19 | 144 | 780 | 144 | 780 |
| 20 | 1399 | 1731 | 1399 | 1682 |
| 21 | 39 | 1682 | 811 | 262 |
| 22 | 811 | 262 | | |
| 23 | 298 | | | |
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| 4月 | | 金曜日 ZUMBAゴールド 13:00 | | | |
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| | 4月1日 | 4月8日 | 4月15日 | 4月22日 | |
| 1 | 68 | 764 | 108 | 764 | |
| 2 | 1713 | 1408 | 989 | 68 | |
| 3 | 989 | 726 | 1660 | 989 | |
| 4 | 210 | 1107 | 89 | 143 | |
| 5 | 1476 | 143 | 726 | 144 | |
| 6 | 851 | 144 | 1476 | 867 | |
| 7 | 89 | 85 | 1641 | 1408 | |
| 8 | 1731 | 867 | 210 | 85 | |
| 9 | 1660 | 1682 | 1713 | 1742 | |
| 10 | 1641 | 1742 | 1107 | 1682 | |
| 11 | 108 | 1731 | 68 | 108 | |
| 12 | 726 | 68 | 1742 | 210 | |
| 13 | 1107 | 989 | 85 | 1641 | |
| 14 | 1742 | 108 | 1682 | 1713 | |
| 15 | 85 | 210 | 1408 | 1476 | |
| 16 | 1682 | 1641 | 764 | 89 | |
| 17 | 1408 | 1713 | 144 | 1660 | |
| 18 | 764 | 1476 | 143 | 726 | |
| 19 | 144 | 89 | 867 | 1107 | |
| 20 | 143 | 1660 | 1731 | | |
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| 4月 | 金曜日 ♥ ヨガ 14:00 | | | |
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| | 4月1日 | 4月8日 | 4月15日 | 4月22日 |
| 1 | 48 | 1713 | 989 | 1713 |
| 2 | 143 | 577 | 89 | 143 |
| 3 | 1107 | 210 | 1731 | 68 |
| 4 | 1408 | 68 | 85 | 726 |
| 5 | 85 | 989 | 293 | 131 |
| 6 | 293 | 726 | 1408 | 1164 |
| 7 | 68 | 1164 | 1476 | 1408 |
| 8 | 131 | 89 | 1107 | 210 |
| 9 | 1660 | 1731 | 1660 | 293 |
| 10 | 726 | 131 | 143 | 1660 |
| 11 | 851 | 1476 | 48 | 577 |
| 12 | 1476 | 1408 | 577 | 48 |
| 13 | 989 | 143 | 210 | 1107 |
| 14 | 89 | 293 | 1713 | 85 |
| 15 | 1731 | 1660 | 1164 | 1476 |
| 16 | 577 | 48 | 68 | 989 |
| 17 | 210 | 1107 | 131 | 89 |
| 18 | 1713 | 85 | 726 | |
| 19 | 1164 | | | |
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| 4月 | 金曜日 らくらくポール 15:30 | | | |
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| | 4月1日 | 4月8日 | 4月15日 | 4月22日 |
| 1 | 1643 | 351 | 1641 | 1107 |
| 2 | 351 | 1258 | 1643 | 1258 |
| 3 | 726 | 726 | 663 | 48 |
| 4 | 1107 | 579 | 1258 | 1532 |
| 5 | 706 | 1643 | 48 | 1643 |
| 6 | 851 | 1641 | 351 | 663 |
| 7 | 663 | 706 | 1532 | 210 |
| 8 | 1258 | 1107 | 706 | 1641 |
| 9 | 1731 | 1532 | 726 | 579 |
| 10 | 1532 | 48 | 210 | 706 |
| 11 | 210 | 1731 | 1107 | 726 |
| 12 | 1641 | 210 | 1731 | 351 |
| 13 | 48 | 663 | | |
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| 4月 | 土曜日 ♥ ヨガ 10:00 | | | | |
|----|----------------|------|-------|-------|-------|
| | 4月2日 | 4月9日 | 4月16日 | 4月23日 | 4月30日 |
| 1 | 410 | 811 | 1182 | 867 | 21 |
| 2 | 1774 | 1183 | 646 | 1271 | 1717 |
| 3 | 1539 | 449 | 262 | 108 | 1399 |
| 4 | 867 | 1748 | 1774 | 1347 | 811 |
| 5 | 1347 | 144 | 1539 | 144 | 1659 |
| 6 | 1271 | 1273 | 780 | 1748 | 780 |
| 7 | 108 | 39 | 397 | 39 | 1704 |
| 8 | 1182 | 1717 | 21 | 449 | 397 |
| 9 | 1682 | 298 | 1682 | 1304 | 1183 |
| 10 | 262 | 1399 | 410 | 1273 | 298 |
| 11 | 646 | 1704 | 1659 | 1550 | 410 |
| 12 | 144 | 21 | 867 | 1399 | 1682 |
| 13 | 1273 | 1659 | 108 | 298 | 1182 |
| 14 | 1748 | 780 | 1347 | 1183 | 646 |
| 15 | 39 | 397 | 1271 | 811 | 262 |
| 16 | 449 | 1304 | 144 | 1704 | 1550 |
| 17 | 1399 | 410 | 1273 | 1717 | 867 |
| 18 | 298 | 1539 | 1748 | 21 | 108 |
| 19 | 1183 | 1682 | 39 | 1659 | 1347 |
| 20 | 811 | 1182 | 449 | 780 | 1271 |
| 21 | 1717 | 646 | 1399 | 397 | 144 |
| 22 | 21 | 262 | 298 | 410 | 1273 |
| 23 | 1659 | 867 | 1183 | 1539 | 1748 |
| 24 | 780 | 108 | 811 | 1682 | 449 |
| 25 | 397 | 1347 | 1717 | 1182 | |
| 26 | | 1271 | | 646 | |
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| 4月 | 土曜日 シェイプUPボディ 19:00 | | | | |
|----|---------------------|------|-------|-------|-------|
| | 4月2日 | 4月9日 | 4月16日 | 4月23日 | 4月30日 |
| 1 | 931 | 22 | 931 | 372 | 372 |
| 2 | 851 | 522 | 22 | 851 | 1408 |
| 3 | 608 | 551 | 851 | 931 | 1745 |
| 4 | 1745 | 608 | 608 | 1407 | 608 |
| 5 | 522 | 1745 | 522 | 22 | 851 |
| 6 | 551 | 1408 | 372 | 1408 | 522 |
| 7 | 22 | 931 | 1407 | 608 | 931 |
| 8 | 1407 | 1407 | 1408 | 1745 | 22 |
| 9 | 1408 | 372 | 1745 | 522 | 1407 |
| 10 | 372 | | 551 | 551 | |
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| 4月 | 日曜日 らくらくポール 15:30 | | | |
|----|-------------------|-------|-------|-------|
| | 4月3日 | 4月10日 | 4月17日 | 4月24日 |
| 1 | 210 | 1532 | 1107 | 48 |
| 2 | 262 | 351 | 210 | 89 |
| 3 | 48 | 48 | 663 | 726 |
| 4 | 726 | 1745 | 1641 | 1476 |
| 5 | 1107 | 1476 | 262 | 103 |
| 6 | 1532 | 663 | 1671 | 579 |
| 7 | 89 | 1671 | 103 | 706 |
| 8 | 706 | 706 | 351 | 210 |
| 9 | 68 | 89 | 1745 | 68 |
| 10 | 579 | 1641 | 726 | 1532 |
| 11 | 103 | 68 | 579 | 1107 |
| 12 | 663 | 103 | 1476 | 262 |
| 13 | 1641 | 210 | 89 | 663 |
| 14 | 1745 | 726 | 48 | 1641 |
| 15 | 351 | 579 | 68 | 1745 |
| 16 | 1671 | 1107 | 1532 | 351 |
| 17 | 1476 | 262 | 706 | 1671 |
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| 4月 | 日曜日 ZUMBA 19:00 | | | |
|----|-----------------|-------|-------|-------|
| | 4月3日 | 4月10日 | 4月17日 | 4月24日 |
| 1 | 1641 | 1408 | 1278 | 522 |
| 2 | 372 | 764 | 1641 | 931 |
| 3 | 851 | 1399 | 1408 | 867 |
| 4 | 1625 | 1407 | 818 | 1278 |
| 5 | 1742 | 1773 | 1407 | 1399 |
| 6 | 764 | 1641 | 764 | 851 |
| 7 | 1278 | 1742 | 851 | 372 |
| 8 | 551 | 1625 | 1742 | 818 |
| 9 | 1407 | 818 | 1625 | 608 |
| 10 | 1773 | 1278 | 1773 | 1408 |
| 11 | 522 | 867 | 1399 | 551 |
| 12 | 608 | | | 1773 |
| 13 | 931 | | | 1742 |
| 14 | 818 | | | 764 |
| 15 | 1399 | | | 1641 |
| 16 | 1408 | | | 1407 |
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