

| 5月 | 月曜日 ♣ 関節痛対策 11:00 |      |       |       |       |
|----|-------------------|------|-------|-------|-------|
|    | 5月2日              | 5月9日 | 5月16日 | 5月23日 | 5月30日 |
| 1  | 1682              | 1649 | 39    | 1704  | 298   |
| 2  | 1347              | 108  | 22    | 1717  | 811   |
| 3  | 1408              | 410  | 1399  | 579   | 1271  |
| 4  | 21                | 210  | 262   | 1182  | 1684  |
| 5  | 1751              | 1539 | 1713  | 1348  | 48    |
| 6  | 1704              | 298  | 449   | 397   | 646   |
| 7  | 1717              | 811  | 1682  | 1649  | 39    |
| 8  | 579               | 1271 | 1347  | 108   | 22    |
| 9  | 1182              | 1684 | 1408  | 410   | 1399  |
| 10 | 1348              | 48   | 21    | 210   | 262   |
| 11 | 397               | 646  | 1751  | 1539  | 1713  |
| 12 | 108               | 22   | 1704  | 298   | 449   |
| 13 | 410               | 262  | 1717  | 811   | 1682  |
| 14 | 210               | 1713 | 1182  | 1271  | 1347  |
| 15 | 1539              | 449  | 1348  | 1684  | 1408  |
| 16 | 298               | 1682 | 397   | 48    | 21    |
| 17 | 811               | 1347 | 1649  | 646   | 1751  |
| 18 | 1271              | 1408 | 108   | 22    | 1704  |
| 19 | 1684              | 21   | 410   | 1399  | 1717  |
| 20 | 48                | 1751 | 210   | 262   | 579   |
| 21 | 646               | 1704 | 1539  | 1713  | 1182  |
| 22 | 39                | 1717 | 298   | 449   | 1348  |
| 23 | 22                | 579  | 811   | 1682  | 397   |
| 24 | 262               | 1182 | 1271  | 1347  | 108   |
| 25 | 1713              | 1348 | 1684  | 1408  | 410   |
| 26 | 449               | 397  | 48    | 21    | 210   |
| 27 |                   |      | 646   | 1751  | 1539  |
| 28 |                   |      |       |       |       |
| 29 |                   |      |       |       |       |
| 30 |                   |      |       |       |       |
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| 34 |                   |      |       |       |       |
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| 37 |                   |      |       |       |       |
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| 39 |                   |      |       |       |       |
| 40 |                   |      |       |       |       |
| 41 |                   |      |       |       |       |

| 5月 | 月曜日 らくらくポール 13:10 |      |       |       |       |
|----|-------------------|------|-------|-------|-------|
|    | 5月2日              | 5月9日 | 5月16日 | 5月23日 | 5月30日 |
| 1  | 48                | 726  | 48    | 726   | 1659  |
| 2  | 646               | 1182 | 1164  | 1182  | 48    |
| 3  | 1113              | 85   | 646   | 85    | 1164  |
| 4  | 577               | 1779 | 1113  | 1779  | 646   |
| 5  | 1659              | 108  | 577   | 108   | 1113  |
| 6  | 210               | 262  | 210   | 262   | 577   |
| 7  | 579               | 1731 | 579   | 1731  | 210   |
| 8  | 144               | 143  | 144   | 143   | 579   |
| 9  | 37                | 1112 | 37    | 1112  | 144   |
| 10 | 1742              | 989  | 1742  | 989   | 37    |
| 11 | 1682              | 1713 | 1682  | 1713  | 1742  |
| 12 | 1182              | 48   | 726   | 48    | 1682  |
| 13 | 85                | 1164 | 1182  | 1164  | 726   |
| 14 | 1779              | 646  | 85    | 646   | 1182  |
| 15 | 108               | 1113 | 1779  | 1113  | 85    |
| 16 | 262               | 577  | 108   | 577   | 1779  |
| 17 | 1731              | 1659 | 262   | 210   | 108   |
| 18 | 143               | 210  | 1731  | 579   | 262   |
| 19 | 1112              | 579  | 143   | 144   | 1731  |
| 20 | 989               | 144  | 1112  | 37    | 143   |
| 21 | 1713              | 37   | 989   | 1742  | 1112  |
| 22 | 1164              | 1742 | 1713  | 1682  | 989   |
| 23 |                   | 1682 |       |       | 1713  |
| 24 |                   |      |       |       |       |
| 25 |                   |      |       |       |       |
| 26 |                   |      |       |       |       |
| 27 |                   |      |       |       |       |
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| 29 |                   |      |       |       |       |
| 30 |                   |      |       |       |       |
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| 35 |                   |      |       |       |       |
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| 37 |                   |      |       |       |       |
| 38 |                   |      |       |       |       |
| 39 |                   |      |       |       |       |
| 40 |                   |      |       |       |       |
| 41 |                   |      |       |       |       |

| 5月 | 水曜日 バランスボール 10:00 |       |       |        |        |
|----|-------------------|-------|-------|--------|--------|
|    | 5月11日             | 5月18日 | 5月25日 | 2022// | 2022// |
| 1  | 764               | 186   | 1408  |        |        |
| 2  | 780               | 851   | 989   |        |        |
| 3  | 397               | 210   | 449   |        |        |
| 4  | 262               | 1682  | 1348  |        |        |
| 5  | 298               | 410   | 764   |        |        |
| 6  | 867               | 1659  | 780   |        |        |
| 7  | 1731              | 646   | 397   |        |        |
| 8  | 108               | 811   | 262   |        |        |
| 9  | 1399              | 1347  | 298   |        |        |
| 10 | 22                | 1182  | 867   |        |        |
| 11 | 1713              | 1660  | 1731  |        |        |
| 12 | 210               | 989   | 108   |        |        |
| 13 | 1682              | 449   | 1399  |        |        |
| 14 | 410               | 1348  | 22    |        |        |
| 15 | 1659              | 764   | 1713  |        |        |
| 16 | 646               | 780   | 186   |        |        |
| 17 | 1408              | 397   | 210   |        |        |
| 18 | 811               | 262   | 1682  |        |        |
| 19 | 1182              | 298   | 410   |        |        |
| 20 | 1660              | 867   | 1659  |        |        |
| 21 | 989               | 1731  | 646   |        |        |
| 22 | 449               | 108   | 811   |        |        |
| 23 | 1348              | 1399  | 1182  |        |        |
| 24 |                   | 22    | 1660  |        |        |
| 25 |                   | 1713  |       |        |        |
| 26 |                   |       |       |        |        |
| 27 |                   |       |       |        |        |
| 28 |                   |       |       |        |        |
| 29 |                   |       |       |        |        |
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| 37 |                   |       |       |        |        |
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| 39 |                   |       |       |        |        |
| 40 |                   |       |       |        |        |
| 41 |                   |       |       |        |        |

| 5月 水曜日 腸&リンパ美人®エクササイズ 11:00 |       |       |       |        |        |
|-----------------------------|-------|-------|-------|--------|--------|
|                             | 5月11日 | 5月18日 | 5月25日 | 2022// | 2022// |
| 1                           | 410   | 1684  | 1271  |        |        |
| 2                           | 764   | 39    | 500   |        |        |
| 3                           | 262   | 210   | 1399  |        |        |
| 4                           | 811   | 397   | 186   |        |        |
| 5                           | 1660  | 1704  | 22    |        |        |
| 6                           | 1717  | 89    | 1348  |        |        |
| 7                           | 780   | 989   | 1731  |        |        |
| 8                           | 493   | 1182  | 1682  |        |        |
| 9                           | 21    | 1183  | 1659  |        |        |
| 10                          | 579   | 131   | 297   |        |        |
| 11                          | 1107  | 1304  | 1539  |        |        |
| 12                          | 210   | 1271  | 108   |        |        |
| 13                          | 397   | 500   | 646   |        |        |
| 14                          | 89    | 1399  | 1113  |        |        |
| 15                          | 989   | 186   | 1751  |        |        |
| 16                          | 1182  | 22    | 1258  |        |        |
| 17                          | 1183  | 1348  | 298   |        |        |
| 18                          | 131   | 1731  | 410   |        |        |
| 19                          | 1304  | 1682  | 764   |        |        |
| 20                          | 1271  | 1659  | 262   |        |        |
| 21                          | 500   | 297   | 811   |        |        |
| 22                          | 1399  | 1347  | 1660  |        |        |
| 23                          | 22    | 1539  | 1717  |        |        |
| 24                          | 1348  | 108   | 780   |        |        |
| 25                          | 1731  | 851   | 493   |        |        |
| 26                          | 1682  | 646   | 21    |        |        |
| 27                          | 1659  | 1113  | 579   |        |        |
| 28                          | 297   | 1258  | 1107  |        |        |
| 29                          | 1539  | 298   | 210   |        |        |
| 30                          | 108   | 410   | 397   |        |        |
| 31                          | 646   | 764   | 1704  |        |        |
| 32                          | 1113  | 262   | 89    |        |        |
| 33                          | 1751  | 811   | 989   |        |        |
| 34                          | 1258  | 1660  | 1182  |        |        |
| 35                          | 298   | 1717  | 1183  |        |        |
| 36                          |       | 780   | 131   |        |        |
| 37                          |       | 493   | 1304  |        |        |
| 38                          |       | 21    |       |        |        |
| 39                          |       | 579   |       |        |        |
| 40                          |       | 1107  |       |        |        |
| 41                          |       | 1751  |       |        |        |

| 5月 | 水曜日 ♠ 関節痛対策 14:00 |       |       |        |        |
|----|-------------------|-------|-------|--------|--------|
|    | 5月11日             | 5月18日 | 5月25日 | 2022// | 2022// |
| 1  | 1779              | 1742  | 726   |        |        |
| 2  | 85                | 1476  | 186   |        |        |
| 3  | 867               | 1258  | 131   |        |        |
| 4  | 143               | 293   | 103   |        |        |
| 5  | 1164              | 68    | 144   |        |        |
| 6  | 186               | 33    | 989   |        |        |
| 7  | 131               | 1779  | 1731  |        |        |
| 8  | 103               | 85    | 1742  |        |        |
| 9  | 144               | 867   | 1476  |        |        |
| 10 | 989               | 143   | 1258  |        |        |
| 11 | 1731              | 1164  | 293   |        |        |
| 12 | 1742              | 186   | 68    |        |        |
| 13 | 1476              | 131   | 33    |        |        |
| 14 | 1258              | 103   | 1779  |        |        |
| 15 | 293               | 144   | 85    |        |        |
| 16 | 68                | 989   | 867   |        |        |
| 17 | 33                | 1731  | 143   |        |        |
| 18 |                   |       |       |        |        |
| 19 |                   |       |       |        |        |
| 20 |                   |       |       |        |        |
| 21 |                   |       |       |        |        |
| 22 |                   |       |       |        |        |
| 23 |                   |       |       |        |        |
| 24 |                   |       |       |        |        |
| 25 |                   |       |       |        |        |
| 26 |                   |       |       |        |        |
| 27 |                   |       |       |        |        |
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| 29 |                   |       |       |        |        |
| 30 |                   |       |       |        |        |
| 31 |                   |       |       |        |        |
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| 33 |                   |       |       |        |        |
| 34 |                   |       |       |        |        |
| 35 |                   |       |       |        |        |
| 36 |                   |       |       |        |        |
| 37 |                   |       |       |        |        |
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| 39 |                   |       |       |        |        |
| 40 |                   |       |       |        |        |
| 41 |                   |       |       |        |        |

| <b>4月</b> | <b>#N/A</b>  |              |              |               |               |
|-----------|--------------|--------------|--------------|---------------|---------------|
|           | <b>5月11日</b> | <b>5月18日</b> | <b>5月25日</b> | <b>2022//</b> | <b>2022//</b> |
| <b>1</b>  |              |              |              |               |               |
| <b>2</b>  |              |              |              |               |               |
| <b>3</b>  |              |              |              |               |               |
| <b>4</b>  |              |              |              |               |               |
| <b>5</b>  |              |              |              |               |               |
| <b>6</b>  |              |              |              |               |               |
| <b>7</b>  |              |              |              |               |               |
| <b>8</b>  |              |              |              |               |               |
| <b>9</b>  |              |              |              |               |               |
| <b>10</b> |              |              |              |               |               |
| <b>11</b> |              |              |              |               |               |
| <b>12</b> |              |              |              |               |               |
| <b>13</b> |              |              |              |               |               |
| <b>14</b> |              |              |              |               |               |
| <b>15</b> |              |              |              |               |               |
| <b>16</b> |              |              |              |               |               |
| <b>17</b> |              |              |              |               |               |
| <b>18</b> |              |              |              |               |               |
| <b>19</b> |              |              |              |               |               |
| <b>20</b> |              |              |              |               |               |
| <b>21</b> |              |              |              |               |               |
| <b>22</b> |              |              |              |               |               |
| <b>23</b> |              |              |              |               |               |
| <b>24</b> |              |              |              |               |               |
| <b>25</b> |              |              |              |               |               |
| <b>26</b> |              |              |              |               |               |
| <b>27</b> |              |              |              |               |               |
| <b>28</b> |              |              |              |               |               |
| <b>29</b> |              |              |              |               |               |
| <b>30</b> |              |              |              |               |               |
| <b>31</b> |              |              |              |               |               |
| <b>32</b> |              |              |              |               |               |
| <b>33</b> |              |              |              |               |               |
| <b>34</b> |              |              |              |               |               |
| <b>35</b> |              |              |              |               |               |
| <b>36</b> |              |              |              |               |               |
| <b>37</b> |              |              |              |               |               |
| <b>38</b> |              |              |              |               |               |
| <b>39</b> |              |              |              |               |               |
| <b>40</b> |              |              |              |               |               |
| <b>41</b> |              |              |              |               |               |

| 5月 | 木曜日 フラダンス 10:00 |       |       |        |        |
|----|-----------------|-------|-------|--------|--------|
|    | 5月12日           | 5月19日 | 5月26日 | 2022// | 2022// |
| 1  | 1182            | 1649  | 485   |        |        |
| 2  | 186             | 1682  | 1774  |        |        |
| 3  | 298             | 1182  | 1682  |        |        |
| 4  | 89              | 186   | 1182  |        |        |
| 5  | 449             | 298   | 186   |        |        |
| 6  | 579             | 89    | 298   |        |        |
| 7  | 108             | 449   | 89    |        |        |
| 8  | 1113            | 579   | 449   |        |        |
| 9  | 1347            | 108   | 579   |        |        |
| 10 | 485             | 1113  | 108   |        |        |
| 11 | 1774            | 1347  | 1113  |        |        |
| 12 | 1649            | 485   | 1347  |        |        |
| 13 | 1682            | 1774  |       |        |        |
| 14 |                 |       |       |        |        |
| 15 |                 |       |       |        |        |
| 16 |                 |       |       |        |        |
| 17 |                 |       |       |        |        |
| 18 |                 |       |       |        |        |
| 19 |                 |       |       |        |        |
| 20 |                 |       |       |        |        |
| 21 |                 |       |       |        |        |
| 22 |                 |       |       |        |        |
| 23 |                 |       |       |        |        |
| 24 |                 |       |       |        |        |
| 25 |                 |       |       |        |        |
| 26 |                 |       |       |        |        |
| 27 |                 |       |       |        |        |
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| 29 |                 |       |       |        |        |
| 30 |                 |       |       |        |        |
| 31 |                 |       |       |        |        |
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| 33 |                 |       |       |        |        |
| 34 |                 |       |       |        |        |
| 35 |                 |       |       |        |        |
| 36 |                 |       |       |        |        |
| 37 |                 |       |       |        |        |
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| 39 |                 |       |       |        |        |
| 40 |                 |       |       |        |        |
| 41 |                 |       |       |        |        |

| 5月 | 木曜日 らくらくポール 11:25 |       |       |        |        |
|----|-------------------|-------|-------|--------|--------|
|    | 5月12日             | 5月19日 | 5月26日 | 2022// | 2022// |
| 1  | 298               | 1182  | 485   |        |        |
| 2  | 297               | 1113  | 298   |        |        |
| 3  | 262               | 397   | 297   |        |        |
| 4  | 500               | 1731  | 262   |        |        |
| 5  | 210               | 108   | 500   |        |        |
| 6  | 1649              | 1713  | 210   |        |        |
| 7  | 1271              | 1684  | 1271  |        |        |
| 8  | 89                | 186   | 89    |        |        |
| 9  | 1304              | 579   | 1304  |        |        |
| 10 | 1682              | 493   | 1682  |        |        |
| 11 | 1717              | 646   | 1717  |        |        |
| 12 | 1182              | 485   | 1182  |        |        |
| 13 | 1113              | 298   | 1113  |        |        |
| 14 | 397               | 297   | 397   |        |        |
| 15 | 1731              | 262   | 1731  |        |        |
| 16 | 108               | 500   | 108   |        |        |
| 17 | 1713              | 210   | 1713  |        |        |
| 18 | 1684              | 1649  | 1684  |        |        |
| 19 | 186               | 1271  | 186   |        |        |
| 20 | 579               | 89    | 579   |        |        |
| 21 | 493               | 1304  | 493   |        |        |
| 22 | 646               | 1682  | 646   |        |        |
| 23 | 485               | 1717  |       |        |        |
| 24 |                   |       |       |        |        |
| 25 |                   |       |       |        |        |
| 26 |                   |       |       |        |        |
| 27 |                   |       |       |        |        |
| 28 |                   |       |       |        |        |
| 29 |                   |       |       |        |        |
| 30 |                   |       |       |        |        |
| 31 |                   |       |       |        |        |
| 32 |                   |       |       |        |        |
| 33 |                   |       |       |        |        |
| 34 |                   |       |       |        |        |
| 35 |                   |       |       |        |        |
| 36 |                   |       |       |        |        |
| 37 |                   |       |       |        |        |
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| 39 |                   |       |       |        |        |
| 40 |                   |       |       |        |        |
| 41 |                   |       |       |        |        |



| 5月 | 木曜日 αボール 13:30 |       |       |        |        |
|----|----------------|-------|-------|--------|--------|
|    | 5月12日          | 5月19日 | 5月26日 | 2022// | 2022// |
| 1  | 1731           | 726   | 1408  |        |        |
| 2  | 39             | 1659  | 1704  |        |        |
| 3  | 186            | 646   | 1399  |        |        |
| 4  | 989            | 22    | 1348  |        |        |
| 5  | 500            | 103   | 210   |        |        |
| 6  | 867            | 144   | 1731  |        |        |
| 7  | 131            | 143   | 39    |        |        |
| 8  | 1713           | 85    | 186   |        |        |
| 9  | 68             | 108   | 989   |        |        |
| 10 | 1682           | 1660  | 500   |        |        |
| 11 | 764            | 1107  | 867   |        |        |
| 12 | 1408           | 1399  | 131   |        |        |
| 13 | 726            | 1348  | 1713  |        |        |
| 14 | 1659           | 210   | 68    |        |        |
| 15 | 646            | 1731  | 1682  |        |        |
| 16 | 22             | 39    | 764   |        |        |
| 17 | 103            | 186   | 726   |        |        |
| 18 | 144            | 989   | 1659  |        |        |
| 19 | 1704           | 500   | 646   |        |        |
| 20 | 143            | 867   | 22    |        |        |
| 21 | 85             | 131   | 103   |        |        |
| 22 | 108            | 1713  | 144   |        |        |
| 23 | 1660           | 68    | 143   |        |        |
| 24 | 1107           | 1682  | 85    |        |        |
| 25 | 1399           | 764   | 108   |        |        |
| 26 | 1348           |       | 1660  |        |        |
| 27 | 210            |       | 1107  |        |        |
| 28 |                |       |       |        |        |
| 29 |                |       |       |        |        |
| 30 |                |       |       |        |        |
| 31 |                |       |       |        |        |
| 32 |                |       |       |        |        |
| 33 |                |       |       |        |        |
| 34 |                |       |       |        |        |
| 35 |                |       |       |        |        |
| 36 |                |       |       |        |        |
| 37 |                |       |       |        |        |
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| 39 |                |       |       |        |        |
| 40 |                |       |       |        |        |
| 41 |                |       |       |        |        |

| 5月 | 木曜日 ◆ エアロビクス 14:30 |       |       |        |        |
|----|--------------------|-------|-------|--------|--------|
|    | 5月12日              | 5月19日 | 5月26日 | 2022// | 2022// |
| 1  | 500                | 1742  | 22    |        |        |
| 2  | 48                 | 989   | 143   |        |        |
| 3  | 1660               | 1659  | 1713  |        |        |
| 4  | 867                | 186   | 1779  |        |        |
| 5  | 22                 | 68    | 764   |        |        |
| 6  | 143                | 85    | 1408  |        |        |
| 7  | 1713               | 1107  | 210   |        |        |
| 8  | 1779               | 500   | 1742  |        |        |
| 9  | 764                | 48    | 989   |        |        |
| 10 | 1408               | 1660  | 1659  |        |        |
| 11 | 210                | 867   | 186   |        |        |
| 12 | 1742               | 22    | 68    |        |        |
| 13 | 989                | 143   | 85    |        |        |
| 14 | 1659               | 1713  | 1107  |        |        |
| 15 | 186                | 1779  | 500   |        |        |
| 16 | 68                 | 764   | 48    |        |        |
| 17 | 85                 | 210   | 1660  |        |        |
| 18 | 1107               |       | 867   |        |        |
| 19 |                    |       |       |        |        |
| 20 |                    |       |       |        |        |
| 21 |                    |       |       |        |        |
| 22 |                    |       |       |        |        |
| 23 |                    |       |       |        |        |
| 24 |                    |       |       |        |        |
| 25 |                    |       |       |        |        |
| 26 |                    |       |       |        |        |
| 27 |                    |       |       |        |        |
| 28 |                    |       |       |        |        |
| 29 |                    |       |       |        |        |
| 30 |                    |       |       |        |        |
| 31 |                    |       |       |        |        |
| 32 |                    |       |       |        |        |
| 33 |                    |       |       |        |        |
| 34 |                    |       |       |        |        |
| 35 |                    |       |       |        |        |
| 36 |                    |       |       |        |        |
| 37 |                    |       |       |        |        |
| 38 |                    |       |       |        |        |
| 39 |                    |       |       |        |        |
| 40 |                    |       |       |        |        |
| 41 |                    |       |       |        |        |

| 5月 | 木曜日 シェイプUPボディ 19:00 |       |       |        |        |
|----|---------------------|-------|-------|--------|--------|
|    | 5月12日               | 5月19日 | 5月26日 | 2022// | 2022// |
| 1  | 385                 | 551   | 551   |        |        |
| 2  | 1408                | 385   | 385   |        |        |
| 3  | 851                 | 1408  | 1408  |        |        |
| 4  | 522                 | 851   | 851   |        |        |
| 5  | 1625                | 522   | 522   |        |        |
| 6  | 1407                | 1407  | 1407  |        |        |
| 7  | 608                 | 608   | 608   |        |        |
| 8  | 1773                | 1773  | 1773  |        |        |
| 9  | 931                 | 931   | 931   |        |        |
| 10 | 1399                | 1399  | 1399  |        |        |
| 11 |                     |       |       |        |        |
| 12 |                     |       |       |        |        |
| 13 |                     |       |       |        |        |
| 14 |                     |       |       |        |        |
| 15 |                     |       |       |        |        |
| 16 |                     |       |       |        |        |
| 17 |                     |       |       |        |        |
| 18 |                     |       |       |        |        |
| 19 |                     |       |       |        |        |
| 20 |                     |       |       |        |        |
| 21 |                     |       |       |        |        |
| 22 |                     |       |       |        |        |
| 23 |                     |       |       |        |        |
| 24 |                     |       |       |        |        |
| 25 |                     |       |       |        |        |
| 26 |                     |       |       |        |        |
| 27 |                     |       |       |        |        |
| 28 |                     |       |       |        |        |
| 29 |                     |       |       |        |        |
| 30 |                     |       |       |        |        |
| 31 |                     |       |       |        |        |
| 32 |                     |       |       |        |        |
| 33 |                     |       |       |        |        |
| 34 |                     |       |       |        |        |
| 35 |                     |       |       |        |        |
| 36 |                     |       |       |        |        |
| 37 |                     |       |       |        |        |
| 38 |                     |       |       |        |        |
| 39 |                     |       |       |        |        |
| 40 |                     |       |       |        |        |
| 41 |                     |       |       |        |        |

| 5月 | 金曜日 ◆ 優しいエアロ 10:00 |       |       |        |        |
|----|--------------------|-------|-------|--------|--------|
|    | 5月13日              | 5月20日 | 5月27日 | 2022// | 2022// |
| 1  | 298                | 89    | 39    |        |        |
| 2  | 1751               | 1182  | 1751  |        |        |
| 3  | 780                | 646   | 780   |        |        |
| 4  | 1774               | 1731  | 1774  |        |        |
| 5  | 449                | 1704  | 449   |        |        |
| 6  | 21                 | 144   | 21    |        |        |
| 7  | 262                | 108   | 262   |        |        |
| 8  | 297                | 1348  | 297   |        |        |
| 9  | 1347               | 1399  | 1347  |        |        |
| 10 | 811                | 1682  | 811   |        |        |
| 11 | 397                | 298   | 397   |        |        |
| 12 | 89                 | 1751  | 89    |        |        |
| 13 | 1182               | 780   | 1182  |        |        |
| 14 | 646                | 1774  | 646   |        |        |
| 15 | 1731               | 449   | 1731  |        |        |
| 16 | 1704               | 21    | 1704  |        |        |
| 17 | 144                | 262   | 144   |        |        |
| 18 | 108                | 297   | 108   |        |        |
| 19 | 1348               | 1347  | 1348  |        |        |
| 20 | 1399               | 811   | 1399  |        |        |
| 21 | 1682               | 397   | 1682  |        |        |
| 22 |                    |       | 298   |        |        |
| 23 |                    |       |       |        |        |
| 24 |                    |       |       |        |        |
| 25 |                    |       |       |        |        |
| 26 |                    |       |       |        |        |
| 27 |                    |       |       |        |        |
| 28 |                    |       |       |        |        |
| 29 |                    |       |       |        |        |
| 30 |                    |       |       |        |        |
| 31 |                    |       |       |        |        |
| 32 |                    |       |       |        |        |
| 33 |                    |       |       |        |        |
| 34 |                    |       |       |        |        |
| 35 |                    |       |       |        |        |
| 36 |                    |       |       |        |        |
| 37 |                    |       |       |        |        |
| 38 |                    |       |       |        |        |
| 39 |                    |       |       |        |        |
| 40 |                    |       |       |        |        |
| 41 |                    |       |       |        |        |

| 5月 | 金曜日 ZUMBAゴールド 13:00 |       |       |        |        |
|----|---------------------|-------|-------|--------|--------|
|    | 5月13日               | 5月20日 | 5月27日 | 2022// | 2022// |
| 1  | 1751                | 89    | 851   |        |        |
| 2  | 1641                | 764   | 143   |        |        |
| 3  | 143                 | 1682  | 1107  |        |        |
| 4  | 1107                | 1742  | 1713  |        |        |
| 5  | 1713                | 726   | 1731  |        |        |
| 6  | 1731                | 1476  | 85    |        |        |
| 7  | 85                  | 68    | 144   |        |        |
| 8  | 144                 | 108   | 210   |        |        |
| 9  | 210                 | 989   | 1408  |        |        |
| 10 | 1408                | 1751  | 1660  |        |        |
| 11 | 1660                | 1641  | 89    |        |        |
| 12 | 89                  | 143   | 764   |        |        |
| 13 | 764                 | 1107  | 1682  |        |        |
| 14 | 1682                | 1713  | 1742  |        |        |
| 15 | 1742                | 1731  | 726   |        |        |
| 16 | 726                 | 85    | 1476  |        |        |
| 17 | 1476                | 144   | 68    |        |        |
| 18 | 68                  | 210   | 108   |        |        |
| 19 | 108                 | 1408  | 989   |        |        |
| 20 | 989                 | 1660  | 1751  |        |        |
| 21 |                     |       | 1641  |        |        |
| 22 |                     |       |       |        |        |
| 23 |                     |       |       |        |        |
| 24 |                     |       |       |        |        |
| 25 |                     |       |       |        |        |
| 26 |                     |       |       |        |        |
| 27 |                     |       |       |        |        |
| 28 |                     |       |       |        |        |
| 29 |                     |       |       |        |        |
| 30 |                     |       |       |        |        |
| 31 |                     |       |       |        |        |
| 32 |                     |       |       |        |        |
| 33 |                     |       |       |        |        |
| 34 |                     |       |       |        |        |
| 35 |                     |       |       |        |        |
| 36 |                     |       |       |        |        |
| 37 |                     |       |       |        |        |
| 38 |                     |       |       |        |        |
| 39 |                     |       |       |        |        |
| 40 |                     |       |       |        |        |
| 41 |                     |       |       |        |        |

| 5月 | 金曜日 ♥ ヨガ 14:00 |       |       |        |        |
|----|----------------|-------|-------|--------|--------|
|    | 5月13日          | 5月20日 | 5月27日 | 2022// | 2022// |
| 1  | 1713           | 1107  | 851   |        |        |
| 2  | 85             | 143   | 1682  |        |        |
| 3  | 989            | 1660  | 89    |        |        |
| 4  | 1682           | 1408  | 1164  |        |        |
| 5  | 89             | 293   | 48    |        |        |
| 6  | 1164           | 131   | 1476  |        |        |
| 7  | 48             | 726   | 1731  |        |        |
| 8  | 1476           | 68    | 577   |        |        |
| 9  | 1731           | 1713  | 210   |        |        |
| 10 | 577            | 85    | 1107  |        |        |
| 11 | 210            | 989   | 143   |        |        |
| 12 | 1107           | 1682  | 1660  |        |        |
| 13 | 143            | 89    | 1408  |        |        |
| 14 | 1660           | 1164  | 293   |        |        |
| 15 | 1408           | 48    | 131   |        |        |
| 16 | 293            | 1476  | 726   |        |        |
| 17 | 131            | 1731  | 68    |        |        |
| 18 | 726            | 577   | 1713  |        |        |
| 19 | 68             | 210   | 85    |        |        |
| 20 |                |       | 989   |        |        |
| 21 |                |       |       |        |        |
| 22 |                |       |       |        |        |
| 23 |                |       |       |        |        |
| 24 |                |       |       |        |        |
| 25 |                |       |       |        |        |
| 26 |                |       |       |        |        |
| 27 |                |       |       |        |        |
| 28 |                |       |       |        |        |
| 29 |                |       |       |        |        |
| 30 |                |       |       |        |        |
| 31 |                |       |       |        |        |
| 32 |                |       |       |        |        |
| 33 |                |       |       |        |        |
| 34 |                |       |       |        |        |
| 35 |                |       |       |        |        |
| 36 |                |       |       |        |        |
| 37 |                |       |       |        |        |
| 38 |                |       |       |        |        |
| 39 |                |       |       |        |        |
| 40 |                |       |       |        |        |
| 41 |                |       |       |        |        |

| 5月 | 金曜日 らくらくポール 15:30 |       |       |        |        |
|----|-------------------|-------|-------|--------|--------|
|    | 5月13日             | 5月20日 | 5月27日 | 2022// | 2022// |
| 1  | 89                | 1258  | 851   |        |        |
| 2  | 579               | 1532  | 37    |        |        |
| 3  | 351               | 726   | 210   |        |        |
| 4  | 1731              | 1643  | 706   |        |        |
| 5  | 663               | 89    | 1107  |        |        |
| 6  | 48                | 579   | 1258  |        |        |
| 7  | 1641              | 351   | 1532  |        |        |
| 8  | 37                | 1731  | 726   |        |        |
| 9  | 210               | 663   | 1643  |        |        |
| 10 | 706               | 48    | 89    |        |        |
| 11 | 1107              | 1641  | 579   |        |        |
| 12 | 1258              | 37    | 351   |        |        |
| 13 | 1532              | 210   | 1731  |        |        |
| 14 | 726               | 706   | 663   |        |        |
| 15 | 1643              | 1107  | 48    |        |        |
| 16 |                   |       | 1641  |        |        |
| 17 |                   |       |       |        |        |
| 18 |                   |       |       |        |        |
| 19 |                   |       |       |        |        |
| 20 |                   |       |       |        |        |
| 21 |                   |       |       |        |        |
| 22 |                   |       |       |        |        |
| 23 |                   |       |       |        |        |
| 24 |                   |       |       |        |        |
| 25 |                   |       |       |        |        |
| 26 |                   |       |       |        |        |
| 27 |                   |       |       |        |        |
| 28 |                   |       |       |        |        |
| 29 |                   |       |       |        |        |
| 30 |                   |       |       |        |        |
| 31 |                   |       |       |        |        |
| 32 |                   |       |       |        |        |
| 33 |                   |       |       |        |        |
| 34 |                   |       |       |        |        |
| 35 |                   |       |       |        |        |
| 36 |                   |       |       |        |        |
| 37 |                   |       |       |        |        |
| 38 |                   |       |       |        |        |
| 39 |                   |       |       |        |        |
| 40 |                   |       |       |        |        |
|    |                   |       |       |        |        |

| 5月 | 土曜日 ♥ ヨガ 10:00 |       |       |       |        |
|----|----------------|-------|-------|-------|--------|
|    | 5月7日           | 5月14日 | 5月21日 | 5月28日 | 2022// |
| 1  | 1183           | 1704  | 108   | 1304  |        |
| 2  | 1748           | 1539  | 646   | 1717  |        |
| 3  | 397            | 811   | 1659  | 1271  |        |
| 4  | 39             | 1774  | 1399  | 298   |        |
| 5  | 1182           | 1649  | 21    | 144   |        |
| 6  | 1717           | 449   | 410   | 262   |        |
| 7  | 1271           | 1347  | 1183  | 867   |        |
| 8  | 298            | 22    | 1748  | 1704  |        |
| 9  | 144            | 780   | 397   | 1539  |        |
| 10 | 262            | 1751  | 39    | 811   |        |
| 11 | 867            | 1550  | 1182  | 1774  |        |
| 12 | 1539           | 108   | 1717  | 1649  |        |
| 13 | 811            | 646   | 1271  | 449   |        |
| 14 | 1774           | 1659  | 298   | 1347  |        |
| 15 | 1649           | 1399  | 144   | 22    |        |
| 16 | 449            | 21    | 262   | 780   |        |
| 17 | 1347           | 410   | 867   | 1751  |        |
| 18 | 780            | 1183  | 1539  | 1550  |        |
| 19 | 1751           | 1748  | 811   | 108   |        |
| 20 | 1550           | 397   | 1774  | 646   |        |
| 21 | 1304           | 39    | 1649  | 1659  |        |
| 22 | 108            | 1182  | 449   | 1399  |        |
| 23 | 646            | 1717  | 1347  | 21    |        |
| 24 | 1659           | 1271  | 22    | 410   |        |
| 25 | 1399           | 298   | 780   | 1183  |        |
| 26 | 21             | 144   | 1751  | 1748  |        |
| 27 | 410            | 262   | 1550  | 397   |        |
| 28 |                | 867   |       | 39    |        |
| 29 |                |       |       | 1182  |        |
| 30 |                |       |       |       |        |
| 31 |                |       |       |       |        |
| 32 |                |       |       |       |        |
| 33 |                |       |       |       |        |
| 34 |                |       |       |       |        |
| 35 |                |       |       |       |        |
| 36 |                |       |       |       |        |
| 37 |                |       |       |       |        |
| 38 |                |       |       |       |        |
| 39 |                |       |       |       |        |
| 40 |                |       |       |       |        |
|    |                |       |       |       |        |



| 5月 | 土曜日 シェイプUPボディ 19:00 |       |       |       |        |
|----|---------------------|-------|-------|-------|--------|
|    | 5月7日                | 5月14日 | 5月21日 | 5月28日 | 2022// |
| 1  | 551                 | 851   | 851   | 851   |        |
| 2  | 385                 | 551   | 551   | 551   |        |
| 3  | 931                 | 385   | 385   | 385   |        |
| 4  | 1408                | 931   | 931   | 931   |        |
| 5  | 608                 | 1408  | 1408  | 1408  |        |
| 6  | 372                 | 608   | 608   | 608   |        |
| 7  | 522                 | 372   | 372   | 372   |        |
| 8  | 1407                | 522   | 522   | 522   |        |
| 9  |                     | 1407  | 1407  | 1407  |        |
| 10 |                     |       |       |       |        |
| 11 |                     |       |       |       |        |
| 12 |                     |       |       |       |        |
| 13 |                     |       |       |       |        |
| 14 |                     |       |       |       |        |
| 15 |                     |       |       |       |        |
| 16 |                     |       |       |       |        |
| 17 |                     |       |       |       |        |
| 18 |                     |       |       |       |        |
| 19 |                     |       |       |       |        |
| 20 |                     |       |       |       |        |
| 21 |                     |       |       |       |        |
| 22 |                     |       |       |       |        |
| 23 |                     |       |       |       |        |
| 24 |                     |       |       |       |        |
| 25 |                     |       |       |       |        |
| 26 |                     |       |       |       |        |
| 27 |                     |       |       |       |        |
| 28 |                     |       |       |       |        |
| 29 |                     |       |       |       |        |
| 30 |                     |       |       |       |        |
| 31 |                     |       |       |       |        |
| 32 |                     |       |       |       |        |
| 33 |                     |       |       |       |        |
| 34 |                     |       |       |       |        |
| 35 |                     |       |       |       |        |
| 36 |                     |       |       |       |        |
| 37 |                     |       |       |       |        |
| 38 |                     |       |       |       |        |
| 39 |                     |       |       |       |        |
| 40 |                     |       |       |       |        |
|    |                     |       |       |       |        |

| 5月 | 日曜日 らくらくポール 15:30 |      |       |       |       |
|----|-------------------|------|-------|-------|-------|
|    | 5月1日              | 5月8日 | 5月15日 | 5月22日 | 5月29日 |
| 1  | 1745              | 210  | 579   | 1745  | 726   |
| 2  | 1641              | 1532 | 663   | 48    | 210   |
| 3  | 500               | 48   | 1476  | 500   | 1532  |
| 4  | 351               | 1107 | 89    | 351   | 48    |
| 5  | 37                | 706  | 103   | 37    | 1107  |
| 6  | 262               | 1745 | 726   | 262   | 706   |
| 7  | 663               | 1641 | 210   | 579   | 1745  |
| 8  | 1476              | 500  | 1532  | 663   | 1641  |
| 9  | 89                | 351  | 48    | 1476  | 500   |
| 10 | 103               | 37   | 1107  | 89    | 351   |
| 11 | 726               | 262  | 706   | 103   | 37    |
| 12 | 210               | 663  | 1745  | 726   | 262   |
| 13 | 1532              | 1476 | 1641  | 210   | 579   |
| 14 | 48                | 89   | 500   | 1532  | 663   |
| 15 | 1107              | 103  | 351   | 1641  | 1476  |
| 16 | 706               | 726  | 37    | 1107  | 89    |
| 17 |                   |      | 262   | 706   | 103   |
| 18 |                   |      |       |       |       |
| 19 |                   |      |       |       |       |
| 20 |                   |      |       |       |       |
| 21 |                   |      |       |       |       |
| 22 |                   |      |       |       |       |
| 23 |                   |      |       |       |       |
| 24 |                   |      |       |       |       |
| 25 |                   |      |       |       |       |
| 26 |                   |      |       |       |       |
| 27 |                   |      |       |       |       |
| 28 |                   |      |       |       |       |
| 29 |                   |      |       |       |       |
| 30 |                   |      |       |       |       |
| 31 |                   |      |       |       |       |
| 32 |                   |      |       |       |       |
| 33 |                   |      |       |       |       |
| 34 |                   |      |       |       |       |
| 35 |                   |      |       |       |       |
| 36 |                   |      |       |       |       |
| 37 |                   |      |       |       |       |
| 38 |                   |      |       |       |       |
| 39 |                   |      |       |       |       |
| 40 |                   |      |       |       |       |
|    |                   |      |       |       |       |

| 5月 | 日曜日 ZUMBA 19:00 |      |       |       |       |
|----|-----------------|------|-------|-------|-------|
|    | 5月1日            | 5月8日 | 5月15日 | 5月22日 | 5月29日 |
| 1  | 522             | 764  | 551   | 1713  | 551   |
| 2  | 1773            | 1399 | 851   | 1742  | 931   |
| 3  | 1407            | 385  | 931   | 867   | 522   |
| 4  | 1641            | 1742 | 522   | 1278  | 372   |
| 5  | 1713            | 867  | 372   | 1773  | 608   |
| 6  | 818             | 1278 | 1408  | 1407  | 1625  |
| 7  | 372             | 1773 | 608   | 1641  | 764   |
| 8  | 1745            | 1407 | 1625  | 818   | 1399  |
| 9  | 1408            | 1641 | 764   | 1745  | 385   |
| 10 | 608             | 818  | 1399  | 851   | 1742  |
| 11 | 1625            | 1745 | 385   | 1408  | 867   |
| 12 | 1399            | 1408 | 1742  | 1625  | 1278  |
| 13 | 851             | 1625 | 867   | 764   | 1773  |
| 14 | 385             |      | 1278  | 1399  | 1407  |
| 15 | 1742            |      | 1773  | 385   | 1641  |
| 16 | 867             |      | 1407  |       | 818   |
| 17 | 931             |      | 1641  |       | 1745  |
| 18 | 1278            |      | 818   |       | 851   |
| 19 |                 |      | 1745  |       | 1408  |
| 20 |                 |      |       |       |       |
| 21 |                 |      |       |       |       |
| 22 |                 |      |       |       |       |
| 23 |                 |      |       |       |       |
| 24 |                 |      |       |       |       |
| 25 |                 |      |       |       |       |
| 26 |                 |      |       |       |       |
| 27 |                 |      |       |       |       |
| 28 |                 |      |       |       |       |
| 29 |                 |      |       |       |       |
| 30 |                 |      |       |       |       |
| 31 |                 |      |       |       |       |
| 32 |                 |      |       |       |       |
| 33 |                 |      |       |       |       |
| 34 |                 |      |       |       |       |
| 35 |                 |      |       |       |       |
| 36 |                 |      |       |       |       |
| 37 |                 |      |       |       |       |
| 38 |                 |      |       |       |       |
| 39 |                 |      |       |       |       |
| 40 |                 |      |       |       |       |
|    |                 |      |       |       |       |