

平成30年度第3期 (2018年10~12月分) 大田区総合体育館スポーツ教室 ウィークスケジュール

8/19更新

| | | 月 MON | | | | 火 TUE | | | | 水 WED | | | 木 THR | | | | 金 FRI | | | | |
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| | | 体育室1 | 体育室2 | 会議室 | メインアリーナ | 体育室1 | 体育室2 | 会議室 | メイン | サブ | 体育室1 | 体育室2 | 会議室 | 体育室1 | 体育室2 | 会議室 | メイン | サブ | 体育室1 | 体育室2 | |
| 9:00 | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | | | 英語リトミック 6ヶ月~1歳 【ランゲージハウス 講師】 9:00~10:00 | | | よちよち 親子体操 【半田】 9:30~10:30 | ヨガ 【Tetsuya】 9:30~10:30 | | テニス 一般 【村山】 9:30~ 10:50 | | | | | よちよち 親子体操 【中田】 9:10~10:10 | | | | | | 担当変更 | |
| 10:00 | | いきいき健康 エクササイズ 【佐々木(麻)】 9:30~10:30 | | | | | | | | | | | | | いきいき 健康体操 【広島】 9:30~10:30 | | テニス 一般 【相馬】 9:30~ 10:50 | | よちよち 親子体操 【久木】 9:30~10:30 | ピラティス 【佐賀】 9:30~10:30 | |
| 10:30 | | | 英語リトミック 2歳~3歳 【ランゲージハウス 講師】 10:10~11:10 | | | | | 産後ビューティー 【高柳】 10:00~11:00 | | | STEP&筋トレ 【山中】 10:00~11:00 | | | | | | | | | | |
| 11:00 | | タップダンス 【天野(俊)】 11:00~12:00 | 担当変更 | | | わんぱく 親子体操 【半田】 10:45~11:45 | アロマヨガ 【尾代】 10:45~11:45 | | テニス 一般 【村山】 11:00~ 12:20 | | | | | わんぱく 親子体操 【中田】 10:20~11:20 | アロマ ストレッチ45 【広島】 10:45~11:30 | | | | | | |
| 11:30 | | | ピラティス 【ka-na】 11:30~12:30 | | | | | ベビー フィットリミック 【高柳】 11:20~12:20 | | | 脂肪燃焼エアロ 【山中】 11:15~12:15 | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | かんたん ストリートダンス 【佐々木(麻)】 12:30~13:30 | 担当変更 | | | ピラティス 【清水】 12:15~13:15 | かんたんエアロ 【山中】 12:00~13:00 | | | | | | | | | | | | | | |
| 13:00 | | | かんたんピラティス 【ka-na】 12:40~13:40 | | | | | | テニス 一般 【村山】 13:00~ 14:20 | | | | | リンバストレッチ 【尾代】 12:45~13:45 | | | | | | | |
| 13:30 | | | | | | | | やさしいヨガ 【尾代】 13:00~14:00 | | | | | | | | | | | | | |
| 14:00 | | かんたんサルサ 【尾代】 13:50~14:50 | | | | かんたんバレエ 【清水】 13:30~14:30 | | | | | | | | | | | | | | | |
| 14:30 | | | バレエストレッチ45 【宮原】 14:00~14:45 | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | リンバストレッチ &アロマ 【尾代】 15:05~16:05 | | | | はじめての フラメンコ 【東(あずま)】 15:00~16:00 | | | | | | | | | | | | | | | |
| 16:00 | | | フラダンス 【emilio(エミリオ)】 15:00~16:00 | | | 骨盤エクササイズ 【坂本】 15:00~16:00 | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | キッズ空手50 【重久】 16:30~17:20 | | | | キッズダンス50 【松島】 16:00~16:50 | | | | | | | | | | | | | | | |
| 17:30 | | | キッズダンス50 【渡辺】 16:30~17:20 | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | ジュニア空手 【重久】 17:30~18:30 | | | | キッズ体操教室 【松島】 16:00~16:50 | | | | | | | | | | | | | | | |
| 19:00 | | | ジュニアダンス 【渡辺】 17:30~18:30 | | | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | ジュニア空手 【重久】 18:45~19:45 | | | | | | | | | | | | | | | | | | | |
| 20:30 | | | 骨盤ストレッチ 【toco】 18:45~19:45 | | | | | | | | | | | | | | | | | | |
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