

7月~

Shibu  
general  
gymnasium  
SpO

渋谷区スポーツセンター

【月払い】¥1,800×回数(回数はクラスにより変動) ※当月1日よりフロントにてお申し込みいただけます。  
【都度払い】¥2,250 / 1回 ※レッスン当日、フロントにて申しこみいただけます。



| 月曜日   |                                                 | 火曜日                         |  |      | 水曜日 |     |      |    | 木曜日   |     |      |    | 金曜日   |     |      | 土曜日 |       | 日曜日  |     |      |     |       |
|-------|-------------------------------------------------|-----------------------------|--|------|-----|-----|------|----|-------|-----|------|----|-------|-----|------|-----|-------|------|-----|------|-----|-------|
| スタジオ  |                                                 | ジム                          |  | スタジオ | ジム  | プール | スタジオ | ジム | 第1会議室 | プール | スタジオ | ジム | 第1会議室 | プール | スタジオ | ジム  | 第1会議室 | スタジオ | プール | スタジオ | プール |       |
| 09:00 |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 09:00 |
| 15    | 【休館日】<br>第1・3月曜日<br>祝日に当たる場合は<br>その直後の平日        |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 10:00 |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 10:00 |
| 15    | 元気アップ<br>体操<br>10:00～11:00<br>松野 愛子             |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 11:00 | 都度：¥710                                         |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 11:00 |
| 15    |                                                 | お腹シェイプ<br>11:10～11:30<br>無料 |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 12:00 |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 12:00 |
| 15    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 30    |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 45    |
| 13:00 | NEW                                             |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 13:00 |
| 15    | はじめて<br>キック<br>ボクシング45<br>13:00～13:45<br>鈴木 真輝子 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 14:00 | 都度：¥610                                         |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 14:00 |
| 15    | はじめて<br>エアロ60<br>14:00～15:00<br>井手 直樹           |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 15:00 | 都度：¥710                                         |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15:00 |
| 15    | 姿勢改善<br>ストレッチ<br>15:15～16:00<br>高田 巖            |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 16:00 | 都度：¥610                                         |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 16:00 |
| 15    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 17:00 |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 17:00 |
| 15    | キッズダンス<br>スタートアップ<br>(年中～小6)<br>16:45～17:45     |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 18:00 |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 18:00 |
| 15    | ZUMBA<br>18:00～18:45<br>MIYUKICHI               |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 19:00 | 都度：¥610                                         | 全身シェイプ<br>18:30～18:50<br>無料 |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 19:00 |
| 15    | やさしい<br>バレエ<br>19:00～20:00<br>小野 朝子             |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 20:00 | 都度：¥710                                         |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 20:00 |
| 15    | 太枠は レッスンフリーパス対象クラス。¥4,000(1ヶ月)でレッスン受け放題!        |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 15    |
| 30    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 30  |       |
| 45    |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      | 45  |       |
| 21:00 |                                                 |                             |  |      |     |     |      |    |       |     |      |    |       |     |      |     |       |      |     |      |     | 21:00 |