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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1　月　予　定　表 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | 行　　　　　　　　事 | 泉　市　民　体　育　館 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | 柴崎市民体育館 | | | | | | | | | | | | | | | | | |
|  | | 11:00～ | 12:00～ | | | | | | | | | | | | 14：00～ | | 16:00～ | | | | | | | | | 17：00  ～ | | | | | | | | | | 19:00～ | 20：00～ |  | | | 11:00～ | | | | | | 12:00～ | | | | | 16：00～ | 17:00～ | | | | | |
| ４ | 木 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | | | | | | | | | | | | | | | |
| ５ | 金 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | | | | | | | | | | | | | | | |
| ６ | 土 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | | | | | | | | | | | | | | | |
| ７ | 日 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | | | | | | | | | | | | | | | |
| ８ | 月 | 新年会 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | |  | | | | | | | | | | | | | | | | | |
| ９ | 火 |  |  | | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | |  | |  | | |  | | | | | | | | | | | | | | | | | |
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| 10 | 水 | ☆ | カトレア  水曜 | | | | カトレア | | | | | |  | | |  | | | | 育　成 | | | | | | | | | | | | | | | | |  | |  | | |  | | | | | | | | | | | | | | | | | |
| 水曜 | | | | | |  | | |  | | |
| １１ | 木 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | 日本泳法 | | | | 成人  木曜 | | | | | |  | | | | | | | |
|  | | | 成人木曜 | | | |
| １２ | 金 | ☆ | カトレア  金曜 | | | | | カトレア  金曜 | | | | | | | |  | | | | A-2 | | | | | A-4 | | | | | | | | | | | |  | |  | | |  | | | | | | | | | | B-2 | | | | | | | B-4 |
| １３ | 土 |  | 成人 | | | | | 成人 | | | | | | | |  | | | | 市  ハンディ | | | | | 育成 | | | | | | | | | | | |  | |  | | |  | | | | |  | | | | | | | | | | | | |
| 土曜 | | | | | 土曜 | | | | | | | |  | | |  | | | | | | | | | | | | |
| １４ | 日 |  | A-5 | | | | | | | ウォーキング | | | | | |  | | | | 育　成 | | | | | | | | | | | | | | | | |  | |  | | |  | | | | | | | | | | | | | | | | | |
| 成人日曜 | | | | | |  | | |
| １５ | 月 | ☆ | 日本泳法 | | | | | | | 成人  月曜 | | | | | |  | | | | A-6 | | | | | | | | A-7 | | | | | | | | |  | |  | | |  | | | | | | | | | | | | | | | | | |
| 成人月曜 | | | | | | |
| １６ | 火 | ☆ |  | | | | | | |  | | | | | | | | A-1 | | | | | | | | | | A-3 | | | | | | | | |  | |  | | |  | | | | | | | | | B-1 | | | | | | | B-3 | |
| １７ | 水 | ☆ | カトレア  水曜 | | | | | | | カトレア  水曜 | | | | | |  | | | | 育　成 | | | | | | | | | | | | | | | |  | | |  | | |  | | | | | | | | | | | | | | | | | |
| １８ | 木 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | 日本泳法 | | | 成人  木曜 | | | | |  | | | | | | | | | |
| 成人木曜 | | |
| １９ | 金 | ☆ | カトレア  金曜 | | | | | カトレア  金曜 | | | | | | |  | | | | A-2 | | | | | | | A-4 | | | | | | | | | | |  | |  | | |  | | | | | | | | B-2 | | | | | | | B-4 | | |
| ２０ | 土 |  | 成人  土曜 | | | 成人  土曜 | | | | | | | | |  | | | | | ハンディ  育成 | | | | | | 育成 | | | | | | | | | | |  | |  | | | | | | | | | | | | | | | | | | | | |
| ２１ | 日 |  | A-5 | | ウォーキング | | | | | | | | |  | | | | | 育　成 | | | | | | | | | | | | | | | | |  | | |  | | |  | | | | | | | | | | | | | | | | | |
| 成人日曜 | | | | | | | | |
| ２２ | 月 | ☆ | 日本泳法 | | | 成人  月曜 | | | | | | | |  | | | | | A-6 | | | | | | | | | | | A-7 | | | | |  | | | |  | | |  | | | | | | | | | | | | | | | | | |  | |  |
| 成人月曜 | | |
| ２３ | 火 | ☆ |  | | | | | | | | | | | | | | | | A-1 | | | | | | | | | | | | A-3 | | | | |  | | |  | | |  | | | | | | | B-1 | | | | | | B-3 | | | | |
|  | | |
| ２４ | 水 | ☆ | カトレア  水曜 | | | | | カトレア  水曜 | | | | | | |  | | | | | 育　成 | | | | | | | | | | | | | | | |  | | |  | | |  | | | | | | | | | | | | | | | | | |
|  | | |
| ２５ | 木 |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | 日本泳法 | | | | 成人　　木曜 | | | | | |  | | | | | | | |
| 成人木曜 | | | |
| ２６ | 金 | ☆ | カトレア  金曜 | | | | | | カトレア  金曜 | | | | | | |  | | | | A-2 | | | | | | | | | A-4 | | | | | | |  | | |  | | |  | | | | | | | B-2 | | | | | | B-4 | | | | |
| ２７ | 土 |  | 成人  土曜 | | | | | | 成人  土曜 | | | | | | |  | | | | | 市  ハンディ | | | | | | | | | 育成 | | | | | |  | | |  | | |  | | | | | | | | | | | | | | | | | |
|  | | |
| ２８ | 日 |  | A-5 | | | | | | | | ウォーキング | | | | |  | | | | | | | 育　成 | | | | | | | | | | |  | | | | | |  | | |  | | | | | | | | | | | | | | | | |
| 成人日曜 | | | | |
| ２９ | 月 | ☆ | 日本泳法 | | | | | | | 成人月曜 | | | | | |  | | | | | | A-6 | | | A-7 | | | | | | |  | | | | | | |  | | |  | | | | | | | | | | | | | | | | | |
| 成人月曜 | | | | | | |
| ３０ | 火 | ☆ |  | | |  | | | | | | | | | | | | | | | | | | A-1 | | | A-3 | | | | | | |  | | | | | | |  | | |  | | | | | | | | B-1 | | | | B-3 | | | | |
| ３１ | 水 | ☆ | カトレア  水曜 | | | | | | | | | カトレア  水曜 | | | | |  | | | | | | 育　成 | | | | | | | | | |  | | | | | |  | | |  | | | | | | | | | | | | | | | | | |

○はワンポイント指導日

☆印は事務所在室日　月・火・水・金（午前１０時～午後５時）　　ＴＥＬ　０４２－５１９－４１１５

　　　　　　　　　　　１２時～１３時は昼休みです。　　　　ＦＡＸ　０４２―５３４－８８３５

教室開始

　１月１０日（水）・・・・・・・・・泉体育館

　１月１１日（木）・・・・・・・・・柴崎体育館