

Table with columns for Day (月曜日, 火曜日, 水曜日) and Studio (スタジオA, B, C, プール). Rows show time slots from 10:00 to 23:00 with program details and instructor names.

Table with columns for Day (金曜日, 土曜日, 日曜日) and Studio (スタジオA, B, C, プール). Rows show time slots from 10:00 to 23:00 with program details and instructor names. Includes a program participation notice and a C-studio note.