

Main schedule table with columns for days of the week (月曜日 to 日曜日) and time slots (9:00 to 23:00). It lists various activities like 'スタジオA', 'スタジオB', and 'アクア' with details on instructors and class types.

クラス説明 (Class Description) and WEB予約システム導入クラス (WEB Reservation System Introduction Class) sections. Includes a legend for class types and detailed information about the reservation system.

アクアタイム (Aqua Time) and ショートプログラム詳細 (Short Program Details) sections. Provides information about pool usage and specific details for the 5-minute introductory program.