

MEGALOS MACHIDA Time Line For Studio, Gym, Aqua. A detailed weekly schedule grid for October 2024, organized by day of the week (Monday to Sunday) and time slots (9:00 to 23:00). The grid lists various activities such as Zumba, Pilates, and group fitness classes, along with instructor names and class capacities. It also includes a 'クラス説明' (Class Description) section with icons for different types of classes and a 'WEB予約システム導入クラス' (WEB Reservation System Introduction Class) section.