

MEGALOS MACHIDA Time Line For Studio, Gym, Aqua. A detailed weekly schedule table for November 2024, organized by day of the week (Monday to Sunday) and time slots (9:00 to 23:00). The table lists various activities such as classes, group exercises, and pool sessions, along with instructors and participant limits. It includes a legend for class types (e.g., '有料制のクラス', '無料制のクラス') and a 'フリー遊泳日' (Free Swimming Day) section for the 10th, 20th, and 30th of the month.