

MEGALOS MACHIDA Time Line For Studio, Gym, Aqua. A detailed weekly schedule grid for November 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 'ラジオ体操', 'ヨガ', 'ダンス', 'スイミング', and 'キッズ' across different studio areas (スタジオA, スタジオB, プール). It includes instructor names, class names, and specific time ranges. A 'フリー-遊泳日' (Free Swimming Day) is highlighted for the 10th, 20th, and 30th of the month. A 'クラス説明' (Class Description) section provides details on lesson policies, including cancellation and payment rules. The bottom of the page contains pool operating hours and contact information.