



MEGALOS MACHIDA Time Line For Studio, Gym, Aqua. A detailed weekly 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 Zumba, Pilates, and group classes, along with instructor names and class numbers.

クラス説明 (Class Description) section containing rules and policies. It includes a legend for class types (e.g., pink for beginner, yellow for intermediate) and a 'WEB予約システム導入クラス' (WEB reservation system introduction class) section with detailed booking instructions.

フリー遊泳日 (Free Swimming Day) section. It lists dates 10日(木)・20日(日)・30日(水) and provides information about pool usage, including a note about the 19:00-20:00 pool closure for staff.