



【レッスン予約に関して】
レッスン終了後3週間先までのレッスンが予約可能となっておりま。

スタジオ/スケジュール

MEGALOS YAMATO Time Line For Studio, Gym. A detailed weekly schedule table with columns for days of the week (月曜日 to 日曜日) and studio types (スタジオA, スタジオB, ピラティスルーム). It lists various fitness classes such as Pilates, Zumba, and Group Fight, along with their times and instructors.

Online lesson schedule information including QR code, contact details, and a note about the studio's location and services.