

Main schedule grid showing activities for Monday through Sunday. Columns represent days of the week, and rows represent time slots from 10:30 to 22:30. Activities include Zumba, Yoga, Tai Chi, and various group exercises. Includes a '施設休館日' (Facility Closed) section for Monday and Sunday.

スケジュールマーク案内 (Schedule Mark Guide) table with columns for '記載マーク' (Mark Description) and '説明' (Explanation). Includes symbols for '初めての方' (First-time), '予約必須' (Reservation required), and '有料' (Paid).

各プログラム定員 及び 事前予約について (Program Capacity and Advance Reservation) table. Lists programs like 'プール' (Pool), 'ジム・スタジオ' (Gym/Studio), and 'ホットヨガ' (Hot Yoga) with their respective capacities and reservation status.

Color key table explaining the meaning of different colored boxes used in the schedule. Includes categories like 'アクティブ' (Active), 'リラックス' (Relaxation), '目的筋力' (Targeted Strength), 'ダンスや太極拳' (Dance or Tai Chi), '水に顔を近づける' (Face in water), and '泳ぎ込み' (Water immersion).

短縮営業中の運動エリアのご利用は 17:30までです (Reduced hours of use for exercise areas until 17:30). 【ザバススポーツクラブデルタ営業時間】 (Zabax Sports Club Delta Business Hours): 平日 10:00~22:00, 土曜 10:00~21:00, 日曜・祝日 10:00~18:00. お問い合わせ 072-684-1817

ザバススポーツクラブのスケジュールはホームページでもご覧いただけます。 http://meijisp.jp