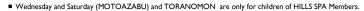
Time Schedule タイムスケジュール

[2024.4~]

[2024.4~]				1.033 🗁								
	Monday / 月曜日 ARK		Tuesday / 火曜日		Wednesday / 水曜日 SENGOKUYAMA MOTOAZABU		Thursday / 木曜日	· · · · · · · · · · · · · · · · · · ·			Saturday/ 土曜日	
	Swimming	Gymnastics	ROPPONGI Swimming	TORANOMON Swimming		nming	MOTOAZABU Swimming	TORANOMON Swimming		mming	TORANOMON Swimming	MOTOAZABU Swimming
8am	•	,	•	•		·	•	8			•	8am-9am Pre-school and Primary School ① 幼児・小学生 ①
9am												9am-10am Pre-school and Primary School ② 幼児・小学生 ②
l 0am						10:30am-11:15am Baby ①				10:30am-11:15am Baby ①		10am-11am Pre-school and Primary School ③ 幼児・小学生 ③
llam	I I am-I I:45am 2-Year-Old 2歳児		II:I5am-I2pm Baby ベビー		I I am-I I:45am 2-Year-Old ① 2歳児 ①	ベビー ① 11:15am-12pm Baby ② ベビー ②			l I am-I I:45am 2-Year-Old ① 2歳児 ①	ベビー ① 11:15am-12pm Baby ② ベビー ②		I I am-I 2pm Primary School and up 小学生以上
I2pm												
lpm			I:I5pm-2pm 2-Year-Old 2歳児		I:I5pm-2pm 2-Year-Old② 2歳児②				I:15pm-2pm 2-Year-Old ② 2歲児 ②			
2pm	2pm-3pm Pre-school Course 幼児	2pm-2:50pm 3-4 Year-Old 3-4歳児	2pm-3pm Pre-school Course 幼児	2pm-3pm Pre-school Course 幼児	2pm-3pm Pre-school Course ① 幼児 ①	2:30pm-3:30pm	2pm-3pm Pre-school Course 幼児	2pm-3pm Pre-school Course 幼児	2 pm-3pm Pre-school 幼児		2pm-3pm Pre-school Course 幼児	
Эрт	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	3pm-3:50pm 4-6 Year-Old 4-6歳児	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	Pre-school ② 幼児 ② 3:30pm-4:30pm Pre-school and	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①		3pm-4pm Pre-school and Primary School ① 幼児・小学生 ①	
4pm	4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②	4pm-4:50pm 5-8 Year-Old 5-8歳児	4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②	4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②	4pm-5pm Pre-school and Primary School ③ 幼児・小学生 ③	Primary School ② 幼児・小学生 ② 4:30pm-5:30pm Pre-school and	4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②	4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②	4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②		4pm-5pm Pre-school and Primary School ② 幼児・小学生 ②	
5pm	5pm-6pm Pre-school and Primary School ③ 幼児・小学生 ③		5pm-6pm Pre-school and Primary School ③ 幼児・小学生 ③	5pm-6pm Pre-school and Primary School ③ 幼児・小学生 ③	5pm-6pm Pre-school and Primary School ⑤ 幼児・小学生 ⑤	Primary School ④ 幼児・小学生 ④	5pm-6pm Primary School and up 小学生以上	5pm-6pm Pre-school and Primary School ③ 幼児・小学生 ③	Pre-sci Primary	n- 6pm hool and School ③ \学生 ③	5pm-6pm Pre-school and Primary School ③ 幼児・小学生 ③	
6pm	6pm-7pm Primary School and up 小学生以上		6 pm- 7 pm Primary School and up 小学生以上	6pm-7pm Primary School and up 小学生以上	6 pm- 7 pm Primary School and up 小学生以上			6pm-7pm Primary School and up 小学生以上	6pm-7pm Primary School and up 小学生以上		6pm-7pm Primary School and up 小学生以上	
7pm												
r			T. Control of the Con	1	1							



^{*} The children of HILLS SPA Members can transfer to Wednesday(MOTOAZABU) courses and TORANOMON courses from other days, in case of absence.

ARK · ROPPONGI	03-3769-6203	Mon-Fri: 10:30am-7:30pm / Sat: 8am-12:30pm				
SENGOKUYAMA · MOTOAZABU	03-3767-6203	Thu · Sun : Closed				
TORANOMON	03-6809-1887	Tue • Thu • Fri : 1:30pm-7:30pm				
ICIANOTICIN	03-0007-1007	Sun · Mon · Wed · Sat : Closed				



[■] 水曜日・土曜日 (元麻布)・虎ノ門は、ヒルズスパ会員のご子息ご令嬢のみ対象とさせていただきます。

[※] 水曜日(元麻布)・虎ノ門への振替利用も同様とさせていただきます。