

Time Schedule タイムスケジュール



[2024.4~]

	Monday / 月曜日		Tuesday / 火曜日		Wednesday / 水曜日		Thursday / 木曜日	Friday / 金曜日		Saturday / 土曜日
	ARK		ROPPONGI	TORANOMON	SENGOKUYAMA	MOTOAZABU	TORANOMON	MOTOAZABU	TORANOMON	MOTOAZABU
	Swimming	Gymnastics	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
8am										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
10am										10am-11am Pre-school and Primary School ③ 幼児・小学生 ③
11am	11am-11:45am 2-Year-Old 2歳児		11:15am-12pm Baby ベビ-		11am-11:45am 2-Year-Old ① 2歳児 ①	10:30am-11:15am Baby ① ベビ- ① 11:15am-12pm Baby ② ベビ- ②		11am-11:45am 2-Year-Old ① 2歳児 ①	10:30am-11:15am Baby ① ベビ- ① 11:15am-12pm Baby ② ベビ- ②	11am-12pm Primary School and up 小学生以上
12pm										
1pm			1:15pm-2pm 2-Year-Old 2歳児		1:15pm-2pm 2-Year-Old ② 2歳児 ②			1:15pm-2pm 2-Year-Old ② 2歳児 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		2pm-3pm Pre-school Course 幼児	2pm-3pm Pre-school Course 幼児	2pm-3pm Pre-school 幼児	2pm-3pm Pre-school Course 幼児
3pm	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	2:30pm-3:30pm Pre-school ② 幼児 ②	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	3:30pm-4:30pm 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	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	4:30pm-5:30pm Pre-school and 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	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
6pm	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	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	6pm-7pm Primary School and up 小学生以上	6pm-7pm Primary School and up 小学生以上
7pm										

■ Wednesday and Saturday (MOTOAZABU) and TORANOMON are only for children of HILLS SPA Members.

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

■ 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。

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