

Nowhere can communicate with foreign language in every facilities. The course of New Training is hold by Japanese.

If you cannot communicate with Japanese, please come with a translator that can do from Japanese to your language.

A device of translation is not enough, because speciality words is used often in the course.

※At each center, in principle, the facility will be closed on the second or third Monday (if Monday is a public holiday, it may be closed on the following Tuesday). And the course will not be held on the third Saturday because of free entry day.

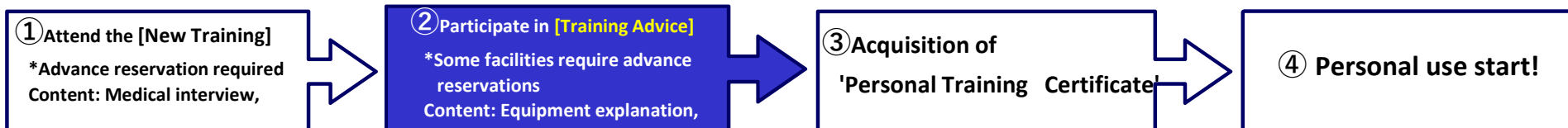
※For details on new courses or training advice, please contact each center.

◆ **New Training Schedule** (by Facility) ◆ Please be sure to make a reservation in advance by phone, etc., after checking the schedule below.

| Facilities                                                                                    | Mon                                              | Tue                              | Wed                  | Thu                                | Fri                              | Sat                                                       | Sun                    | Holiday          |
|-----------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------|----------------------|------------------------------------|----------------------------------|-----------------------------------------------------------|------------------------|------------------|
| <b>General Sports Center</b><br>Higashihokima2-27-1 closed<br>03-3859-8211 2nd Mon            | ● 14:30~<br>● 18:30~<br>(Excluding closed days)  | ● 10:00~<br>● 14:30~             | ● 18:30~             | ● 14:30~<br>● 18:30~               | ● 10:00~<br>● 14:30~             | ● 14:30~<br>● 18:30~<br>(excluding the free release date) | ● 14:30~<br>● 18:30~   | 14:30~<br>18:30~ |
| <b>Swim Sports Center</b><br>Nishihokima4-10-1 closed<br>03-3850-1133 3rd Mon                 | ● 10:00~<br>(Excluding closed days)              | ● 13:00~<br>● 17:30~             | ● 10:00~<br>● 19:00~ | ● 13:00~<br>● 19:00~               | ● 10:00~<br>● 13:00~<br>● 17:30~ | ● 13:00~<br>● 19:00~<br>(excluding the free release date) | ● 10:00~<br>● 13:00~   | 13:00~<br>19:00~ |
| <b>Towa Regional Learning Center</b><br>Towa3-12-9 closed<br>03-3628-6201 3rd Mon             | ● 10:00~<br>● 13:00~<br>(Excluding closed days)  | ● 10:00~<br>● 13:00~<br>● 17:00~ | ● 13:00~             | ● 15:00~                           | ● 10:00~<br>● 13:00~<br>● 15:00~ |                                                           | ● 10:00~<br>● 18:00~   |                  |
| <b>Hanahata Regional Learning Center</b><br>Hanahata4-16-8 closed<br>03-3850-2618 2nd Mon     | (Excluding closed days)<br>● 19:00~              | ● 10:00~                         | ● 14:00~             | ● 10:00~<br>● 14:00~<br>● 19:00~   | ■ 10:00~<br>● 14:00~             | ■ 10:00~<br>■ 19:00~                                      | ▼ 10:00~               |                  |
| <b>Okimoto Regional Learning Center</b><br>Okino1-18-38 closed<br>03-3889-0370 3rd Mon        | 1st・2nd・4th<br>10:00~<br>(Excluding closed days) |                                  | ● 14:00~             | ● 19:00~                           | ● 14:00~                         | 1st・2nd・4th<br>14:00~                                     | 4th 14:00~             |                  |
| <b>Kouhoku Regional Learning Center</b><br>Kouhoku3-39-4 closed<br>03-3890-4522 3rd Mon       |                                                  | ● 19:00~                         | ● 10:00~             | ● 10:00~                           | ● 10:00~                         | ● 14:00~<br>(excluding the free release date)             |                        |                  |
| <b>Shikahama Regional Learning Center</b><br>Shikahama6-8-1 closed<br>03-3857-6551 2nd Mon    | ● 11:00~<br>● 14:00~<br>(Excluding closed days)  | ● 14:00~                         | ● 10:00~<br>● 14:00~ | ● 14:00~<br>● 18:30~               | ● 14:00~<br>● 18:30~             | ▼ 10:00~                                                  | ● 16:00~<br>● 18:30~   |                  |
| <b>Chuohoncho Regional Learning Center</b><br>Chuohoncho3-15-1 closed<br>03-3852-1431 2nd Mon | ◆ 09:30~<br>(Excluding closed days)              |                                  | ● 18:00~             | ● 14:00~                           | ● 14:00~                         | ■ 09:30~                                                  | ■ 14:00~               |                  |
| <b>Iko Regional Learning Center</b><br>Iko2-4-22 closed<br>03-3857-6537 3rd Mon               | 1st 09:30~<br>2nd 18:30~                         | ▲ 14:00~<br>1st 18:30~           | 3rd 18:30~           | ▲ 09:30~<br>2nd 14:00~<br>■ 18:30~ | ■ 09:30~<br>4th 14:00~           | 4th 14:00~<br>1st, 4th 18:30~                             | ■ 09:30~<br>3rd 14:00~ |                  |

●...Every week ▲...1st,3rd week ▼...1st,3rd,5th week ■...2nd,4th week ◆...1st,3rd,4th week

2026/4/1



Nowhere can communicate with foreign language in every facilities. The course of New Training is hold by Japanese.

If you cannot communicate with Japanese, please come with a translator that can do from Japanese to your language.

A device of translation is not enough, because speciality words is used often in the course.

※At each center, in principle, the facility will be closed on the second or third Monday (if Monday is a public holiday, it may be closed on the following Tuesday). And the course will not be held on the third Saturday because of free entry day.

※For details on new courses or training advice, please contact each center.

◆ **Training Advice Schedule** (by Facility) ◆ Please be sure to make a reservation in advance by phone, etc., after checking the schedule below.

| Facilities                                                                                                         | Mon                      | Tue                              | Wed                    | Thu                   | Fri                              | Sat                          | Sun                  | Holiday  |
|--------------------------------------------------------------------------------------------------------------------|--------------------------|----------------------------------|------------------------|-----------------------|----------------------------------|------------------------------|----------------------|----------|
| <b>General Sports Center</b><br>Higashihokima2-27-1 closed<br>03-3859-8211 2nd Mon                                 | ● 10:00~※                | ● 18:30~                         | ● 10:00~<br>● 14:30~   | ● 10:00~              | ● 18:30~                         | ● 10:00~※                    | ● 10:00~             | ● 10:00~ |
| <b>Swim Sports Center</b><br>Nishihokima4-10-1 closed<br>03-3850-1133 3rd Mon                                      | ● 13:00~※<br>● 19:00~※   | ● 10:00~                         | ● 13:00~               | ● 15:00~              |                                  | ● 15:00~※                    | ● 15:00~             | ● 15:00~ |
| <b>Towa Regional Learning Center</b><br>Towa3-12-9 closed<br>03-3628-6201 3rd Mon                                  | ● 10:00~※<br>● 13:00~※   | ● 10:00~<br>● 13:00~<br>● 18:00~ | ● 13:00~               | ● 13:00~<br>● 15:00~  | ● 10:00~<br>● 13:00~<br>● 15:00~ |                              | ● 10:00~<br>● 18:00~ |          |
| <b>Hanahata Regional Learning Center</b><br>hanahata4-16-8 closed<br>03-3850-2618 2nd Mon                          | ● 10:00~※<br>● 14:00~※   | ● 14:00~<br>● 19:00~             | ● 10:00~               |                       |                                  | ★ 10:00~                     | ■ 10:00~             |          |
| <b>Okimoto Regional Learning Center</b><br>Okino1-18-38 closed<br>03-3889-0370 3rd Mon                             | ● 14:00~※                | ● 10:00~<br>▲ 19:00~             | 10:00~<br>(irregular)  | ● 10:00~<br>● 14:00~  |                                  | ● 10:00~※                    | 2nd<br>14:00~        |          |
| <b>Kouhoku Regional Learning Center</b><br>Kouhoku3-39-4 closed<br>03-3890-4522 3rd Mon                            |                          | ● 10:00~                         | ● 19:00~               | ● 14:00~              |                                  | ● 10:00~※                    |                      |          |
| <b>Shikahama Regional Learning Center</b><br>Shikahama6-8-1 closed<br>03-3857-6551 2nd Mon                         |                          | ● 19:00~                         |                        |                       |                                  | ▼ 12:00~                     | 1st,4th<br>13:00~    |          |
| <b>Chuchoncho Regional Learning Center</b><br>Chuohoncho3-15-1 closed<br>03-3852-1431 2nd Mon<br>※need not booking | ● 14:00~※                | ■ 14:00~                         | ● 14:00~               | 1st,2nd<br>09:30~     | ● 18:00~                         | ■ 09:30~                     |                      |          |
| <b>Iko Regional Learning Center</b><br>Iko2-4-22 closed<br>03-3857-6537 3rd Mon                                    | 4th 09:30~<br>2nd 14:00~ | ■ 14:00~<br>4th 18:30~           | □ 09:30~<br>2nd 18:30~ | 1st,2nd,4th<br>14:00~ | ▲ 09:30~<br>2nd 14:00~           | 1st,4th 09:30~<br>2nd 14:00~ | 1st,2nd<br>14:00~    |          |

●...every week ▲...1st,3rd ▼...1st,3rd,5th ■...2nd,4th ◆...1st,3rd,4th ★1st,5th □1st,2nd,3rd,4th

2026/4/1~