



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).

\* 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> Higashihokima 2-27-1 03-3859-8211	●14:30~ ●18:30~ (Excluding closed days)	●10:00~ ●14:30~	●18:30~	●14:30~ ●18:30~	●10:00~ ●14:30~	●14:30~ ●18:30~ (excluding the free release date)	●14:30~ ●18:30~	14:30~ 18:30~
<b>Swim Sports Center</b> Nishihokima 4-10-1 03-3850-1133	●10:00~ (Excluding closed days)	●13:00~ ●17:30~	●10:00~ ●19:00~	●13:00~ ●19:00~	●10:00~ ●13:00~ ●17:30~	●13:00~ ●19:00~ (excluding the free release date)	●10:00~ ●13:00~	13:00~ 19:00~
<b>Towa Regional Learning Center</b> Towa 3-12-9 03-3628-6201	●10:00~ ●13:00~ (Excluding closed days)	●10:00~ ●13:00~ ●17:00~	●13:00~	●15:00~	●10:00~ ●13:00~ ●15:00~		●10:00~ ●18:00~	
<b>Hanahata Regional Learning Center</b> Hanahata 4-16-8 03-3850-2618	(Excluding closed days) ●19:00~	●10:00~	●14:00~	●10:00~ ●14:00~ ●19:00~	■10:00~ ●14:00~	■10:00~ ■19:00~	▼10:00~	
<b>Okimoto Regional Learning Center</b> Okino 1-18-38 03-3889-0370	1st・2nd・4th 10:00~ (Excluding closed days)		●14:00~	●19:00~	●14:00~	1st・2nd・4th 14:00~	4th 14:00~	
<b>Kouhoku Regional Learning Center</b> Kouhoku 3-39-4 03-3890-4522		●19:00~	●10:00~	●10:00~	●10:00~	●14:00~ (excluding the free release date)		
<b>Shikahama Regional Learning Center</b> Shikahama 6-8-1 03-3857-6551	●11:00~ ●14:00~ (Excluding closed days)	●14:00~	●10:00~ ●14:00~	●14:00~ ●18:30~	●14:00~ ●18:30~	▼10:00~	●16:00~ ●18:30~	
<b>Chuohoncho Regional Learning Center</b> Chuohoncho 3-15-1 03-3852-1431	◆09:30~ (Excluding closed days)		●18:00~	●14:00~	●14:00~	■09:30~	■14:00~	
<b>Iko Regional Learning Center</b> Iko 2-4-22 03-3857-6537	1st 09:30~ 2nd 18:30~	▲14:00~ 1st 18:30~	3rd 18:30~	▲09:30~ 2nd 14:00~ ■18:30~	■09:30~ 4th 14:00~	4th 14:00~ 1st, 4th 18:30~	■09:30~ 3rd 14:00~	

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