

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.

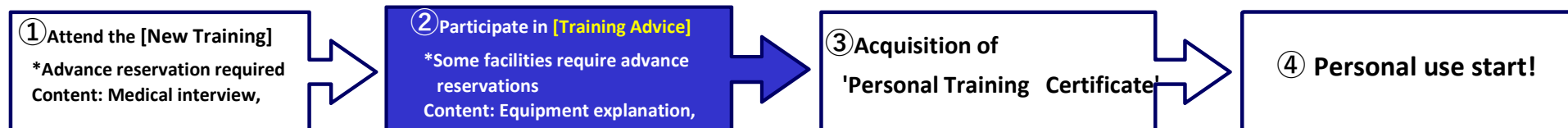
※For details on new courses or training advice, please contact each center.

◆ **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
General Sports Center Higashihokima2-27-1 closed 03-3859-8211 2nd Mon	● 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~
Swim Sports Center Nishihokima4-10-1 closed 03-3850-1133 3rd Mon	● 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~
Towa Regional Learning Center Towa3-12-9 closed 03-3628-6201 3rd Mon	● 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~	
Hanahata Regional Learning Center Hanahata4-16-8 closed 03-3850-2618 2nd Mon	From 1/September/2026 to 31/March/2028, cannot enter in Hanahata Regional Learning Center,because extensive renovation work.							
Okimoto Regional Learning Center Okino1-18-38 closed 03-3889-0370 3rd Mon	1st・2nd・4th 10 : 00~ (Excluding closed days)		● 14 : 00~	● 19 : 00~	● 14 : 00~	1st・2nd・4th 14 : 00~	4th 14 : 00~	
Kouhoku Regional Learning Center Kouhoku3-39-4 closed 03-3890-4522 3rd Mon		● 19 : 00~	● 10 : 00~	● 10 : 00~	● 10 : 00~	● 14 : 00~ (excluding the free release date)		
Shikahama Regional Learning Center Shikahama6-8-1 closed 03-3857-6551 2nd Mon	● 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~	
Chuchoncho Regional Learning Center Chuohoncho3-15-1 closed 03-3852-1431 2nd Mon	◆ 09 : 30~ (Excluding closed days)		● 18 : 00~	● 14 : 00~	● 14 : 00~	■ 09 : 30~	■ 14 : 00~	
Iko Regional Learning Center Iko 2-4-22 closed 03-3857-6537 3rd Mon	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

2026/9/1



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
General Sports Center Higashihokima2-27-1 closed 03-3859-8211 2nd Mon	● 10:00~※	● 18:30~	● 10:00~ ● 14:30~	● 10:00~	● 18:30~	● 10:00~※	● 10:00~	● 10:00~
Swim Sports Center Nishihokima4-10-1 closed 03-3850-1133 3rd Mon	● 13:00~※ ● 19:00~※	● 10:00~	● 13:00~	● 15:00~		● 15:00~※	● 15:00~	● 15:00~
Towa Regional Learning Center Towa3-12-9 closed 03-3628-6201 3rd Mon	● 10:00~※ ● 13:00~※	● 10:00~ ● 13:00~ ● 18:00~	● 13:00~	● 13:00~ ● 15:00~	● 10:00~ ● 13:00~ ● 15:00~		● 10:00~ ● 18:00~	
Hanahata Regional Learning Center hanahata4-16-8 closed 03-3850-2618 2nd Mon	From 1/September/2026 to 31/March/2028, cannot enter in Hanahata Regional Learning Center, because extensive renovation work.							
Okimoto Regional Learning Center Okino1-18-38 closed 03-3889-0370 3rd Mon	● 14:00~※	● 10:00~ ▲ 19:00~	10:00~ (irregular)	● 10:00~ ● 14:00~		● 10:00~※	2nd 14:00~	
Kouhoku Regional Learning Center Kouhoku3-39-4 closed 03-3890-4522 3rd Mon		● 10:00~	● 19:00~	● 14:00~		● 10:00~※		
Shikahama Regional Learning Center Shikahama6-8-1 closed 03-3857-6551 2nd Mon		● 19:00~				▼ 12:00~	1st, 4th 13:00~	
Chuchoncho Regional Learning Center Chuohoncho3-15-1 closed 03-3852-1431 2nd Mon ※need not booking	● 14:00~※	■ 14:00~	● 14:00~	1st, 2nd 09:30~	● 18:00~	■ 09:30~		
Iko Regional Learning Center Iko2-4-22 closed 03-3857-6537 3rd Mon	4th 09:30~ 2nd 14:00~	■ 14:00~ 4th 18:30~	□ 09:30~ 2nd 18:30~	1st, 2nd, 4th 14:00~	▲ 09:30~ 2nd 14:00~	1st, 4th 09:30~ 2nd 14:00~	1st, 2nd 14:00~	

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

2026/9/1~