

Monday to Thursday schedule grid with columns for Studio A, Studio B, and Aqua. Includes program names like Zumba, Pilates, and Tai Chi, along with instructor names and prices.

Friday to Sunday schedule grid. Includes programs like Tai Chi, Pilates, and Group Active. Features a '今月の香り' (This month's scent) section for Rose and a red-bordered note about studio lessons.

【スタジオ関連 各種ご案内】 (Studio related various notices). Contains information about program availability, pricing, and a table for '共通チケット' (Common tickets).