

クラブ会員

2018 ▶ 2019

- 無印 通常営業時間 10:00~23:00
- △ 短縮営業 A 10:00~22:00
- 短縮営業 B 10:00~21:00
- 休館日

| 4 2018 | | | | | | | 5 | | | | | | |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT |
| 1 | 2 | 3 | 4 | 5 | 6 | △7 | 1 | 2 | | | □3 | □4 | □5 |
| □8 | 9 | 10 | 11 | 12 | 13 | △14 | □6 | 7 | 8 | 9 | 10 | 11 | △12 |
| □15 | 16 | □17 | 18 | 19 | 20 | △21 | □13 | 14 | □15 | 16 | 17 | 18 | △19 |
| □22 | 23 | 24 | □25 | 26 | 27 | △28 | □20 | 21 | 22 | 23 | 24 | □25 | △26 |
| □29 | □30 | | | | | | □27 | 28 | 29 | 30 | 31 | | |

| 6 | | | | | | | 7 | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | | | 1 | △2 | □1 | 2 | 3 | 4 | □5 | 6 | △7 |
| □3 | 4 | □5 | 6 | 7 | 8 | △9 | □8 | 9 | 10 | 11 | 12 | 13 | △14 |
| □10 | 11 | 12 | 13 | 14 | □15 | △16 | □15 | □16 | 17 | 18 | 19 | 20 | △21 |
| □17 | 18 | 19 | 20 | 21 | 22 | △23 | □22 | 23 | 24 | □25 | 26 | 27 | △28 |
| □24 | □25 | 26 | 27 | 28 | 29 | △30 | □29 | 30 | 31 | | | | |

asahi
SPORTS CLUB 朝日スポーツクラブ [BIG-S 宮崎]

〒880-0834 宮崎市新別府町江口862-1 イオンモール宮崎1F TEL.0985-32-2525

| 8 | | | | | | | 9 | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|
| SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | |
| | | | | 1 | 2 | 3 | △4 | | | | | | | △1 |
| □5 | 6 | 7 | 8 | 9 | 10 | □11 | □2 | 3 | 4 | □5 | 6 | 7 | △8 | |
| □12 | □13 | □14 | □15 | 16 | 17 | △18 | □9 | 10 | 11 | 12 | 13 | 14 | □15 | |
| □19 | 20 | 21 | 22 | 23 | 24 | □25 | □16 | □17 | 18 | 19 | 20 | 21 | △22 | |
| □26 | 27 | 28 | 29 | 30 | 31 | | □23 | □24 | □25 | 26 | 27 | 28 | △29 | |
| | | | | | | | □30 | | | | | | | |

| 10 | | | | | | | 11 | | | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|---|----|
| SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | | | |
| | | | | 1 | 2 | 3 | □4 | | | | | | | 1 | 2 | □3 |
| □7 | □8 | 9 | 10 | 11 | 12 | △13 | □4 | □5 | 6 | 7 | 8 | 9 | △10 | | | |
| □14 | □15 | 16 | 17 | 18 | 19 | △20 | □11 | 12 | 13 | 14 | □15 | 16 | △17 | | | |
| □21 | 22 | 23 | 24 | □25 | 26 | △27 | □18 | 19 | 20 | 21 | 22 | □23 | △24 | | | |
| □28 | 29 | 30 | 31 | | | | □25 | 26 | 27 | 28 | 29 | 30 | | | | |

| 12 | | | | | | | 1 2019 | | | | | | | | | | | |
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| SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | | | | | |
| | | | | | | △1 | | | | | | | | 1 | 2 | □3 | 4 | □5 |
| □2 | 3 | 4 | □5 | 6 | 7 | △8 | □6 | 7 | 8 | 9 | 10 | 11 | △12 | | | | | |
| □9 | 10 | 11 | 12 | 13 | 14 | □15 | □13 | □14 | □15 | 16 | 17 | 18 | △19 | | | | | |
| □16 | 17 | 18 | 19 | 20 | 21 | △22 | □20 | 21 | 22 | 23 | 24 | □25 | △26 | | | | | |
| □23 | □24 | □25 | 26 | 27 | 28 | □29 | □27 | 28 | 29 | 30 | 31 | | | | | | | |
| □30 | □31 | | | | | | | | | | | | | | | | | |

| 2 | | | | | | | 3 | | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|----|
| SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | | |
| | | | | | 1 | △2 | | | | | | | 1 | 2 | △3 |
| □3 | 4 | □5 | 6 | 7 | 8 | △9 | □3 | 4 | □5 | 6 | 7 | 8 | △9 | | |
| □10 | □11 | 12 | 13 | 14 | □15 | △16 | □10 | 11 | 12 | 13 | 14 | □15 | △16 | | |
| □17 | 18 | 19 | 20 | 21 | 22 | △23 | □17 | 18 | 19 | 20 | □21 | 22 | △23 | | |
| □24 | □25 | 26 | 27 | 28 | | | □24 | □25 | 26 | 27 | 28 | 29 | △30 | | |
| | | | | | | | □31 | | | | | | | | |