



ゴールドジム高槻大阪 年末年始スタジオプログラム

| 時間／曜日 | 12月30日(火) | | 12月31日(水) | | 1月1日(木) | | 1月2日(金) | | 1月3日(土) | | 時間／曜日 |
|--------|-------------------------------------|--------------------------------|----------------------------------|-----|---------|--|---------|-----|---------|-----|--------|
| | 1st | 2nd | 1st | 2nd | | | 1st | 2nd | 1st | 2nd | |
| | | | 23:00閉館 | | | | | | 7:00開館 | | |
| 7:15~ | | | | | | | | | | | 7:15~ |
| 7:30~ | | | | | | | | | | | 7:30~ |
| 7:45~ | | | | | | | | | | | 7:45~ |
| 8:00~ | | | | | | | | | | | 8:00~ |
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| 8:45~ | | | | | | | | | | | 8:45~ |
| 9:00~ | | | | | | | | | | | 9:00~ |
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| 9:45~ | | | | | | | | | | | 9:45~ |
| 10:00~ | | | | | | | | | | | 10:00~ |
| 10:15~ | ルーシーダットン 10:20-11:10 MANAMI | | | | | | | | | | 10:15~ |
| 10:30~ | | | | | | | | | | | 10:30~ |
| 10:45~ | | | | | | | | | | | 10:45~ |
| 11:00~ | | | | | | | | | | | 11:00~ |
| 11:15~ | | | | | | | | | | | 11:15~ |
| 11:30~ | | | | | | | | | | | 11:30~ |
| 11:45~ | SALSATION® 11:25-12:25 MANAMI | WEB/店頭整理券 | チアチューブ 11:45-12:30 HISAMI | | | | | | | | 11:45~ |
| 12:00~ | | | | | | | | | | | 12:00~ |
| 12:15~ | | | | | | | | | | | 12:15~ |
| 12:30~ | | | | | | | | | | | 12:30~ |
| 12:45~ | CLUB JAZZ 12:45-13:45 伊藤 卓家 | ビラティス 12:45-13:30 HISAMI | | | | | | | | | 12:45~ |
| 13:00~ | | | | | | | | | | | 13:00~ |
| 13:15~ | | | | | | | | | | | 13:15~ |
| 13:30~ | | | | | | | | | | | 13:30~ |
| 13:45~ | | | | | | | | | | | 13:45~ |
| 14:00~ | シンブルエアロ 14:00-14:45 | | ヨガ 13:45-14:45 HISANI | | | | | | | | 14:00~ |
| 14:15~ | | | | | | | | | | | 14:15~ |
| 14:30~ | | | | | | | | | | | 14:30~ |
| 14:45~ | | | | | | | | | | | 14:45~ |
| 15:00~ | | | | | | | | | | | 15:00~ |
| 15:15~ | GGX(筋コン) 15:10-15:40 STAFF | | HOUSE入門 14:55-15:55 渡部 達也 | | | | | | | | 15:15~ |
| 15:30~ | | | | | | | | | | | 15:30~ |
| 15:45~ | | | | | | | | | | | 15:45~ |
| 16:00~ | | | | | | | | | | | 16:00~ |
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| 18:15~ | | | | | | | | | | | 18:15~ |
| 18:30~ | | | | | | | | | | | 18:30~ |
| 18:45~ | ヨガ45 18:45-19:30 淡川 麻智枝 | | HOUSE初級 18:40-19:40 渡部 達也 | | | | | | | | 18:45~ |
| 19:00~ | | | | | | | | | | | 19:00~ |
| 19:15~ | | | | | | | | | | | 19:15~ |
| 19:30~ | | | | | | | | | | | 19:30~ |
| 19:45~ | ステップ初中級 19:45-20:30 松本 翔 | | HOUSE初中級 19:45-20:45 渡部 達也 | | | | | | | | 19:45~ |
| 20:00~ | | | | | | | | | | | 20:00~ |
| 20:15~ | | | | | | | | | | | 20:15~ |
| 20:30~ | | | | | | | | | | | 20:30~ |
| 20:45~ | エアロスタート 20:45-22:15 松本 翔 | | | | | | | | | | 20:45~ |
| 21:00~ | | | | | | | | | | | 21:00~ |
| 21:15~ | | | | | | | | | | | 21:15~ |
| 21:30~ | | | | | | | | | | | 21:30~ |

2025年

12月30日(火)23:00閉館

12月31日(水)特別営業日 12:00~18:00 ※ご利用の際には別途料金が必要です

2026年

1月1日(木)休館日

1月2日(金)休館日

1月3日(土)より通常営業 7:00開館