

令和8年度 第2回岐阜市体育館スポーツ教室 <<岐阜市民総合体育館>>

| 種目   | 卓球C<br>剣道<br>空手道<br>バレーボールA<br>健康体操 |    | 居合道<br>合気道<br>総合スポーツ |    | 卓球A<br>卓球B |    | ヨガ<br>リンパビクスA<br>リンパビクスB<br>ZUMBA® |    | 子ども総合スポーツ |    | 親子体操 |    | 女性バレーボールB<br>弓道A |    | バドミントン |    | 弓道B |    | ボッチャ |    |    |    |    |    |    |
|------|-------------------------------------|----|----------------------|----|------------|----|------------------------------------|----|-----------|----|------|----|------------------|----|--------|----|-----|----|------|----|----|----|----|----|----|
| 回数   | 火・木                                 |    | 水・金                  |    | 水・金        |    | 月                                  |    | 火         |    | 水    |    | 木                |    | 金      |    | 土   |    | 土    |    |    |    |    |    |    |
|      | 月                                   | 日  | 月                    | 日  | 月          | 日  | 月                                  | 日  | 月         | 日  | 月    | 日  | 月                | 日  | 月      | 日  | 月   | 日  | 月    | 日  |    |    |    |    |    |
| 1    | 9                                   | 8  | 9                    | 9  | 9          | 9  | 9                                  | 14 | 9         | 8  | 9    | 9  | 9                | 10 | 9      | 11 | 9   | 12 | 10   | 3  |    |    |    |    |    |
| 2    |                                     | 10 |                      | 11 |            | 10 |                                    | 5  |           | 15 |      | 16 |                  | 17 |        | 25 |     | 19 |      | 10 |    |    |    |    |    |
| 3    |                                     | 15 |                      | 16 |            | 16 |                                    | 19 |           | 29 |      | 30 |                  | 24 |        | 10 |     | 2  |      | 26 | 17 |    |    |    |    |
| 4    |                                     | 17 |                      | 18 |            | 18 |                                    | 2  |           | 10 |      | 6  |                  | 10 |        | 7  |     | 10 |      | 1  | 16 | 10 | 3  | 24 |    |
| 5    |                                     | 24 |                      | 25 |            | 25 |                                    | 9  |           | 13 |      | 14 |                  | 8  |        | 23 |     | 10 |      | 31 |    |    |    |    |    |
| 6    |                                     | 29 |                      | 30 |            | 30 |                                    | 16 |           | 20 |      | 21 |                  | 15 |        | 30 |     | 17 |      | 11 | 7  |    |    |    |    |
| 7    | 10                                  | 1  | 10                   | 2  | 10         | 2  | 12                                 | 7  | 11        | 10 | 11   | 4  | 11               | 5  | 12     | 4  | 11  | 7  | 11   | 28 |    |    |    |    |    |
| 8    |                                     | 6  |                      | 7  |            | 7  |                                    | 14 |           | 17 |      | 18 |                  | 12 |        | 1  |     | 12 |      | 2  | 19 | 11 | 21 |    |    |
| 9    |                                     | 8  |                      | 9  |            | 9  |                                    | 21 |           | 24 |      | 25 |                  | 26 |        | 18 |     | 28 |      | 31 | 28 |    |    |    |    |
| 10   |                                     | 13 |                      | 14 |            | 14 |                                    | 1  |           | 8  |      | 2  |                  | 11 |        | 16 |     | 19 |      | 28 |    |    |    |    |    |
| 11   |                                     | 15 |                      | 16 |            | 16 | 11                                 | 4  | 12        | 2  | 12   | 3  | 12               | 6  | 12     | 11 | 12  | 12 | 12   | 19 | 12 | 26 |    |    |    |
| 12   |                                     | 20 |                      | 21 |            | 21 |                                    | 6  |           | 18 |      | 20 |                  | 25 |        | 27 |     | 16 |      | 18 |    | 23 | 28 |    |    |
| 13   |                                     | 22 |                      | 23 |            | 28 |                                    | 18 |           | 20 |      | 25 |                  | 27 |        | 16 |     | 18 |      | 23 |    | 28 |    |    |    |
| 14   |                                     | 27 |                      | 28 |            | 28 |                                    | 4  |           | 20 |      | 25 |                  | 27 |        | 16 |     | 18 |      | 23 |    | 28 |    |    |    |
| 15   |                                     | 29 |                      | 30 |            | 30 |                                    | 6  |           | 18 |      | 20 |                  | 25 |        | 27 |     | 16 |      | 18 |    | 23 | 28 |    |    |
| 16   |                                     | 11 |                      | 5  |            | 11 |                                    | 4  |           | 12 |      | 2  |                  | 12 |        | 3  |     | 12 |      | 6  |    | 12 | 11 | 12 | 12 |
| 17   | 10                                  |    | 6                    | 20 | 25         |    | 27                                 | 16 | 18        |    | 23   | 28 |                  |    |        |    |     |    |      |    |    |    |    |    |    |
| 18   | 12                                  |    | 11                   | 25 | 27         |    | 16                                 | 18 | 23        |    | 28   |    |                  |    |        |    |     |    |      |    |    |    |    |    |    |
| 19   | 17                                  |    | 13                   | 27 | 16         |    | 18                                 | 23 | 28        |    |      |    |                  |    |        |    |     |    |      |    |    |    |    |    |    |
| 20   | 19                                  |    | 18                   | 2  | 3          |    | 6                                  | 11 | 12        |    | 13   | 20 | 25               |    | 27     | 16 | 18  |    | 23   | 28 |    |    |    |    |    |
| 21   | 24                                  |    | 20                   | 4  | 9          |    | 16                                 | 18 | 23        |    | 28   |    |                  |    |        |    |     |    |      |    |    |    |    |    |    |
| 22   | 26                                  |    | 25                   | 9  | 16         |    | 18                                 | 23 | 28        |    |      |    |                  |    |        |    |     |    |      |    |    |    |    |    |    |
| 23   | 12                                  |    | 1                    | 12 | 2          |    | 12                                 | 3  | 12        |    | 6    | 12 | 11               |    | 12     | 12 | 12  |    | 13   | 12 | 20 |    | 12 |    | 27 |
| 24   |                                     | 3  | 2                    |    | 3          | 6  |                                    | 11 |           | 12 | 13   |    | 20               | 25 |        | 27 |     | 16 | 18   |    | 23 | 28 |    |    |    |
| 25   |                                     | 8  | 4                    |    | 5          | 8  |                                    | 11 |           | 12 | 13   |    | 20               | 25 |        | 27 |     | 16 | 18   |    | 23 | 28 |    |    |    |
| 予備日1 | 12                                  | 10 | 12                   | 9  | 12         | 25 | 1                                  | 4  | 12        | 15 | 12   | 9  | 12               | 3  | 12     | 25 | 12  | 5  | 12   | 19 |    |    |    |    |    |
| 予備日2 | 12                                  | 15 | 12                   | 11 | 1          | 6  | 1                                  | 18 | 12        | 22 | 12   | 16 | 12               | 10 | 1      | 8  | 12  | 12 | 12   | 26 |    |    |    |    |    |