

石巻全プログラム

| | 日曜日 | | | 火曜日 | | | 水曜日 | | | 木曜日 | | | 金曜日 | | | 土曜日 | | | |
|-------|-----------|-----|----|-----|------|-----|-----------|------|-----|-----|------|-----|-----|------|-----|-----|-----------|-------|--|
| 時間 | ドーム | プール | ジム | ドーム | スタジオ | プール | ドーム | スタジオ | プール | ドーム | スタジオ | プール | ドーム | スタジオ | プール | ドーム | プール | 時間 | |
| 9:00 | | | | | | | | | | | | | | | | | | 9:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 10:00 | | | | | | | | | | | | | | | | | | 10:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 11:00 | | | | | | | | | | | | | | | | | | 11:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 12:00 | | | | | | | | | | | | | | | | | | 12:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 13:00 | | | | | | | | | | | | | | | | | | 13:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 14:00 | | | | | | | | | | | | | | | | | | 14:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 15:00 | | | | | | | | | | | | | | | | | | 15:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 16:00 | | | | | | | | | | | | | | | | | | 16:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 17:00 | | | | | | | | | | | | | | | | | | 17:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 18:00 | | | | | | | | | | | | | | | | | | 18:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 19:00 | | | | | | | | | | | | | | | | | | 19:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 20:00 | | | | | | | | | | | | | | | | | | 20:00 | |
| :15 | | | | | | | | | | | | | | | | | | :15 | |
| :30 | | | | | | | | | | | | | | | | | | :30 | |
| :45 | | | | | | | | | | | | | | | | | | :45 | |
| 21:00 | 【14:15】閉館 | | | | | | 【21:00】閉館 | | | | | | | | | | 【18:00】閉館 | | |