

Main exercise schedule grid showing classes for Monday through Sunday across various studios (Main Studio, BelGarden, Cycling Studio) with instructor names and class types.

要予約レッスンへの参加方法について (Reservation Lesson Participation Method) - Detailed text explaining reservation rules, cancellation policies, and studio information.

Facility information icons including Wi-Fi, parking, and accessibility services.

営業時間 (Business Hours), TEL 03-3885-3776, ベルスポ 検索 (Belspo Search), and モバイルからもHPA簡単アクセス (Mobile Easy Access to HPA) information.

第3金曜日休館 (3rd Friday Closed)