

## 2月 個人利用スケジュール【卓球・バドミントン】

2026.1.31

| 利用区分・日程 |             | 1              | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9           | 10 | 11 | 12 | 13 | 14 | 15                         | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |   |   |   |
|---------|-------------|----------------|---|---|---|---|---|---|---|-------------|----|----|----|----|----|----------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|---|
|         |             | 日              | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月           | 火  | 祝  | 木  | 金  | 土  | 日                          | 月  | 火  | 水  | 木  | 金  | 土  | 日  | 祝  | 火  | 水  | 木  | 金  | 土  |   |   |   |
| 早朝      | 7:30～9:00   | バド<br>区民<br>大会 | - | - | - | - | - | - | - | 休<br>館<br>日 | -  | -  | -  | -  | -  | 卓<br>球<br>区<br>民<br>大<br>会 | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | - |   |   |
| A       | 9:00～11:00  |                | ● | ● | ● | ● | × | × | ● |             | ●  | ●  | ×  | ×  | ●  |                            | ●  | ●  | ●  | ●  | ●  | ×  | ×  | ●  | ●  | ●  | ●  | ●  | ×  | × | × |   |
| B       | 11:00～13:00 |                | ● | × | ● | ● | × | ● | ● |             | ×  | ●  | ●  | ×  | ●  |                            | ●  | ●  | ×  | ×  | ●  | ●  | ×  | ●  | ●  | ●  | ×  | ●  | ●  | × | ● |   |
| C       | 13:00～15:00 |                | ● | × | ● | ● | × | ● | ● |             | ×  | ●  | ●  | ×  | ●  |                            | ●  | ●  | ×  | ×  | ●  | ●  | ×  | ●  | ●  | ●  | ×  | ●  | ●  | × | ● |   |
| D       | 15:00～17:00 |                | ● | ● | ● | ● | × | ● | ● |             | ×  | ●  | ●  | ●  | ×  |                            | ●  | ●  | ●  | ●  | ●  | ×  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | × | ● |   |
| E       | 17:00～19:00 |                | × | ● | × | ● | ● | × | ● |             | ×  | ×  | ×  | ●  | ×  |                            | ●  | ●  | ×  | ×  | ×  | ●  | ×  | ×  | ×  | ×  | ×  | ×  | ●  | ● | × | ● |
| F       | 19:00～21:00 |                | × | ● | ● | × | ● | × | × |             | ×  | ●  | ×  | ●  | ×  |                            | ×  | ×  | ●  | ●  | ×  | ●  | ×  | ×  | ×  | ×  | ●  | ●  | ●  | × | × |   |
| 深夜      | 21:00～23:00 | -              | - | - | - | - | - | - | - | -           | -  | -  | -  | -  | -  | -                          | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  |    |   |   |   |

## 3月 個人利用スケジュール【卓球・バドミントン】

| 利用区分・日程 |             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9   | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---------|-------------|---|---|---|---|---|---|---|---|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|         |             | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月   | 火  | 水  | 木  | 金  | 土  | 日  | 月  | 火  | 水  | 木  | 祝  | 土  | 日  | 月  | 火  | 水  | 木  | 金  | 土  | 日  | 月  | 火  |
| 早朝      | 7:30～9:00   | - | - | - | - | - | - | - | - | 休館日 | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  |
| A       | 9:00～11:00  | ほ | ● | ● | ● | ● | × | × | ● |     | ●  | ●  | ●  | ×  | ×  | ●  | ●  | ●  | ●  | ●  | ●  | ×  | ●  | ●  | ●  | ●  | ●  | ×  | ×  | ●  | ●  | ●  |
| B       | 11:00～13:00 | ど | ● | × | ● | ● | × | ● | ● |     | ×  | ●  | ●  | ×  | ●  | ●  | ●  | ×  | ●  | ●  | ●  | ×  | ●  | ●  | ×  | ●  | ●  | ×  | ●  | ●  | ●  | ●  |
| C       | 13:00～15:00 | ス | ● | × | ● | ● | × | ● | ● |     | ×  | ●  | ●  | ×  | ●  | ●  | ●  | ×  | ●  | ●  | ●  | ●  | ●  | ●  | ×  | ●  | ●  | ×  | ●  | ●  | ●  | ●  |
| D       | 15:00～17:00 | ポ | ● | ● | ● | ● | × | ● | ● |     | ●  | ●  | ●  | ×  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ●  | ×  | ●  | ●  | ●  | ●  |
| E       | 17:00～19:00 | 祭 | × | ● | × | ● | ● | × | ● |     | ×  | ●  | ●  | ×  | ●  | ×  | ●  | ×  | ●  | ●  | ×  | ●  | ×  | ●  | ×  | ●  | ●  | ×  | ●  | ×  | ●  | ●  |
| F       | 19:00～21:00 |   | × | ● | ● | × | ● | × | × |     | ●  | ●  | ●  | ×  | ×  | ×  | ●  | ●  | ×  | ●  | ×  | ×  | ×  | ●  | ●  | ×  | ●  | ×  | ×  | ×  | ●  | ●  |
| 深夜      | 21:00～23:00 |   | - | - | - | - | - | - | - |     | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  | -  |

●印⇒卓球（5台）とバドミントン（2面、縦半分で5面）ができます。

×印⇒個人利用はできません。

無印⇒体育室が空いていればご利用できます。

-印⇒解放対象外の枠です。



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