

| 2月 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|-----------------|-----------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|
| | | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 |
| 第一研修室 | 平日① 9:00-12:00 | | × | × | × | | | | | × | × | | × | | × | × | |
| | 平日② 12:15-15:15 | | × | × | × | × | | | | | × | | × | | × | × | × |
| | 平日③ 15:30-18:30 | | | × | | × | | | | × | | | × | | × | × | × |
| | 平日④ 18:45-21:45 | × | | × | | × | | | | × | × | | × | | × | × | × |
| | 日祝① 9:00-12:45 | | | | | | | × | | | | | | × | | | |
| | 日祝② 13:00-16:45 | | | | | | | × | | | | × | | | | | |
| 第二研修室 | 平日① 9:00-12:00 | | | | × | × | | | | | × | | × | | × | | × |
| | 平日② 12:15-15:15 | × | × | | | × | | | | × | × | | × | | × | | × |
| | 平日③ 15:30-18:30 | × | | | | × | | | | | × | | × | | | | × |
| | 平日④ 18:45-21:45 | | × | | | | | | | | × | | | | | | × |
| | 日祝① 9:00-12:45 | | | | | | | × | | | | | | | | | |
| | 日祝② 13:00-16:45 | | | | | | | × | | | | | | × | | | |
| MR | 平日① 9:00-12:00 | × | × | | × | | | | | × | × | | × | | | | × |
| | 平日② 12:15-15:15 | × | × | × | | × | | | | × | × | | × | | | | × |
| | 平日③ 15:30-18:30 | | | | | | | | | | × | | × | | | | |
| | 平日④ 18:45-21:45 | | | | | | | | | | × | | × | | | | |
| | 日祝① 9:00-12:45 | | | | | | | × | | | | | | | | | |
| | 日祝② 13:00-16:45 | | | | | | | × | | | | | | | | | |
| 和室 | 平日① 9:00-12:00 | | | | | | | | | | × | | × | | × | × | |
| | 平日② 12:15-15:15 | | × | | | | | | | | × | | × | | | × | |
| | 平日③ 15:30-18:30 | | | | | | | | | | | | × | | | | |
| | 平日④ 18:45-21:45 | | | | | | | | | | | | × | | | | |
| | 日祝① 9:00-12:45 | | | | | | | × | | | | | | | | | |
| | 日祝② 13:00-16:45 | | | | | | | × | | | | | | | | | |
| スタジオ | 平日① 9:00-11:00 | | | | | | | | | | | | | | | | |
| | 平日② 11:05-13:05 | | | | | | | | | | | | | | | | |
| | 平日③ 13:15-15:15 | | | | | | | | | | | | × | | | | |
| | 平日④ 15:25-17:25 | | | | | | | | | | | | × | | | | |
| | 平日⑤ 17:35-19:35 | | | | | | | | | | | | | | | | |
| | 平日⑥ 19:45-21:45 | | | | | | | | | | | | | | | | |
| | 日祝① 9:00-11:00 | | | | | | | × | | | | | | × | | | |
| | 日祝② 11:05-13:05 | | | | | | | × | | | | | | × | | | |
| 日祝③ 13:10-15:10 | | | | | | | × | | | | | | × | | | | |
| 日祝④ 15:15-16:45 | | | | | | | × | | | | | | × | | | | |
| 空白が予約可能箇所です | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 水 | |

| 実際の空き状況と異なる場合があります。必ず受付にご確認ください。 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|----------------------------------|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|
| | | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 |
| 第一研修室 | 平日① 9:00-12:00 | × | × | × | | | | | × | | | | × |
| | 平日② 12:15-15:15 | × | × | | | | × | | | × | × | | × |
| | 平日③ 15:30-18:30 | × | × | × | | | × | | | × | × | | |
| | 平日④ 18:45-21:45 | × | | × | | | × | | | | | | |
| | 日祝① 9:00-12:45 | | | | × | | | | | | | × | |
| | 日祝② 13:00-16:45 | | | | × | | | × | | | | × | |
| 第二研修室 | 平日① 9:00-12:00 | × | × | | | | | | | | × | | |
| | 平日② 12:15-15:15 | × | × | | | | | | × | | × | | |
| | 平日③ 15:30-18:30 | | × | × | | | | | | | × | | |
| | 平日④ 18:45-21:45 | × | | | | | | | × | | | | |
| | 日祝① 9:00-12:45 | | | | × | | | × | | | | × | |
| | 日祝② 13:00-16:45 | | | | × | | | × | | | | × | |
| MR | 平日① 9:00-12:00 | | × | | | | | | | × | × | | |
| | 平日② 12:15-15:15 | × | | × | | | | | × | | × | | |
| | 平日③ 15:30-18:30 | | | | | | | | | | × | | |
| | 平日④ 18:45-21:45 | | | | | | | | | | × | | |
| | 日祝① 9:00-12:45 | | | | × | | | | | | | | |
| | 日祝② 13:00-16:45 | | | | × | | | | | | | | |
| 和室 | 平日① 9:00-12:00 | | | × | | | × | | | | | | |
| | 平日② 12:15-15:15 | × | | × | | | × | | | | | | |
| | 平日③ 15:30-18:30 | | | × | | | | | | | | | |
| | 平日④ 18:45-21:45 | | | | | | | | × | | | | |
| | 日祝① 9:00-12:45 | | | | × | | | | | | | | |
| | 日祝② 13:00-16:45 | | | | × | | | | | | | | |
| スタジオ | 平日① 9:00-11:00 | | | | | | | | | | | | |
| | 平日② 11:05-13:05 | | | × | | | | | | | | | |
| | 平日③ 13:15-15:15 | | | × | | | | | | | | | |
| | 平日④ 15:25-17:25 | | × | | | | | | | | | | |
| | 平日⑤ 17:35-19:35 | | × | | | | | | | | | | |
| | 平日⑥ 19:45-21:45 | | | | | | | | | | | | |
| | 日祝① 9:00-11:00 | | | | × | | | | | | | × | |
| | 日祝② 11:05-13:05 | | | | × | | | | | | | × | |
| 日祝③ 13:10-15:10 | | | | | | | | | | | | | |
| 日祝④ 15:15-16:45 | | | | | | | | | | | | | |
| 更新日: 2021年11月29日 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| | 木 | 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 月 | |