# スポーツハウス　体育館　10月予定

9:00～21:30　月,火,木,金,土
大人　200円　17:30～21:30　水
子供　100円　9:00～17:00　日、祭日

| 2022年10月 | | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 時 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 土 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 2 | 日 | A | | 柏崎市スポーツフェスティバル | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 3 | 月 | A | | | リズム体操教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | バレーボールの日 | |
| 4 | 火 | A | | | いきいき健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 5 | 水 | A | 休　館 | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 6 | 木 | A | | | | | | | | | | | | | | | |
| | | B | | | フォークダンス | | | | | | | | | | | | |
| 7 | 金 | A | | | 女性健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 8 | 土 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 9 | 日 | A | | ペタンク大会 | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 10 | 月 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 11 | 火 | A | | | いきいき健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 12 | 水 | A | 休　館 | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 13 | 木 | A | | | | | | | | | | | | | | | |
| | | B | | | フォークダンス | | | | | | | | | | | | |
| 14 | 金 | A | | | 女性健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 15 | 土 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 16 | 日 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 17 | 月 | A | | | リズム体操教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | バレーボールの日 | |
| 18 | 火 | A | | | いきいき健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 19 | 水 | A | 休　館 | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 20 | 木 | A | | | | | | | | | | | | | | | |
| | | B | | | フォークダンス | | | | | | | | | | | | |
| 21 | 金 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 22 | 土 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 23 | 日 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 24 | 月 | A | | | リズム体操教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | バレーボールの日 | |
| 25 | 火 | A | | | いきいき健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 26 | 水 | A | 休　館 | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 27 | 木 | A | | | | | | | | | | | | | | | |
| | | B | | | フォークダンス | | | | | | | | | | | | |
| 28 | 金 | A | | | 女性健康教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 29 | 土 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 30 | 日 | A | | | | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | | |
| 31 | 月 | A | | | リズム体操教室 | | | | | | | | | | | | |
| | | B | | | | | | | | | | | | | | バレーボールの日 | |