

# Training Session Guide

Dear Guest:

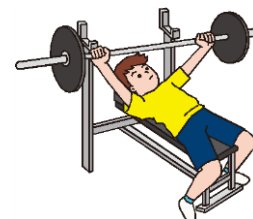
Welcome! Before using this gym, you must participate in our training session. In that session, we will teach you how to properly use the machines,

**Eligible Guests:** Adults (high school students or older)

**Preparation Products:** Gym shoes, sportswear, ID photo (W2.5cm×L3cm)

## Training Session Dates:

Date	Day of the week	Seating capacity	The starting time
9 May.2019	Thu	15	19:00-
11 May.2019	Sat	15	10:00-
23 May.2019	Thu	15	19:00-
26 May.2019	Sun	15	10:00-



- You need to make a reservation at least one day prior to the training session you wish to attend.

**Facility use fee:** 210 yen

Please come to our office and show your member's card. There is a daily fee of 210 yen to use the facility.

**Open:** Monday, Wed-Sun 9:00 to 20:30

**Closed:** Tuesday, Year-end and New Year holidays

**Contact us:** [ishii@awa-spo.net](mailto:ishii@awa-spo.net)

[https://www.awa-spo.net/kuramoto/entry\\_training/](https://www.awa-spo.net/kuramoto/entry_training/)

Qr code →



Preferred date			
Name		Birthday	Male ▪ Female
Telephone number		Mobile Phone	