

| 実施回数 | クラス | | クラス 記号 | 通常回数 確認欄 | 特種回数 確認欄 | 活動 | | 活動 会場 | コロナ感染予防策 | | 大会等 | | 備 考 | | |
|------|-----|----|-----------|-------------|-------------|-------|-------|---------------------|-----------------------------------|----------|-------|---------------------|--------------|--|--|
| | 5月 | 日 | | | | 開始時間 | 終了時間 | | マスク着用 ライフキネ | 活動 会場 | 開始時間 | 終了時間 | | | |
| 1 | 1 | 日 | K | 1 | | 9:00 | 10:00 | 磐梯熱海ス ポーツパー ク | 多目的グラ ウンド | | | | | | |
| 1 | | | J1 | 1 | | 9:00 | 10:30 | | | | | | | | |
| 1 | | | J2 | 1 | | | | | | | | | | | |
| 1 | | | E3 | 1 | | 9:00 | 10:30 | | | | | | | | |
| 1 | | | E4 | 1 | | | | | | | | | | | |
| 1 | | | T5 | 1 | | 10:30 | 12:00 | | | | | | | | |
| 1 | | | T6 | 1 | | | | | | | | | | | |
| 1 | | | L100 | 1 | | 10:30 | 12:00 | | | | | | | | |
| 2 | 3 | 祝火 | K | 2 | | 9:00 | 10:30 | 磐梯熱海ス ポーツパー ク | 多目的グラ ウンド | | | | | | |
| 2 | | | J1 | 2 | | 9:00 | 10:30 | | | | | | | | |
| 2 | | | J2 | 2 | | | | | | | | | | | |
| 2 | | | E3 | 2 | | 9:00 | 10:30 | | | | | | | | |
| 2 | | | E4 | 2 | | | | | | | | | | | |
| 2 | | | T5 | 2 | | | | | | | | | | | |
| 2 | | | T6 | 2 | | | | | | | | | | | |
| 2 | | | L100 | 2 | | | | | | | | | | | |
| 3 | 4 | 祝水 | K | | | | | | | | | | | | |
| 3 | | | J1 | | | | | | | | | | | | |
| 3 | | | J2 | | | | | | | | | | | | |
| 3 | | | E3 | | | | | | | | | | | | |
| 3 | | | E4 | | | | | | | | | | | | |
| 3 | | | T5 | | | | | | | | | | | | |
| 3 | | | T6 | | | | | | | | | | | | |
| 3 | | | L100 | | | | | | | | | | | | |
| 2 | 5 | 祝き | K | 2 | | 10:30 | 11:30 | 磐梯熱海ス ポーツパー ク | 多目的グラ ウンド | 9:00 | 10:00 | 磐梯熱海ス ポーツパー ク | 多目的グラ ウンド | | |
| 3 | | | J1 | 3 | | 10:30 | 12:00 | | | 10:00 | 11:00 | | | | |
| 3 | | | J2 | 3 | | | | | | | | | | | |
| 3 | | | E3 | 3 | | 11:30 | 13:00 | | | | | | | | |
| 3 | | | E4 | 3 | | | | | | | | | | | |
| 2 | | | T5 | 2 | | 9:00 | 10:30 | | | | | | | | |
| 2 | | | T6 | 2 | | | | | | | | | | | |
| 2 | | | L100 | 2 | | 9:00 | 10:30 | | | 11:00 | 12:00 | | | | |
| 3 | 7 | 土 | K | | | | | 磐梯熱海ス ポーツパー ク | 多目的グラ ウンド | | | | | | |
| 3 | | | J1 | | | | | | | | | | | | |
| 3 | | | J2 | | | | | | | | | | | | |
| 3 | | | E3 | | | | | | | | | | | | |
| 3 | | | E4 | | | | | | | | | | | | |
| 3 | | | T5 | 3 | | 9:00 | 10:30 | | | | | | | | |
| 3 | | | T6 | 3 | | | | | | | | | | | |
| 3 | | | L100 | 3 | | 9:00 | 10:30 | | | | | | | | |
| 1 | 8 | 日 | K | | | | | | | | | | | | |
| 1 | | | J1 | | | | | | | | | | | | |
| 1 | | | J2 | | | | | | | | | | | | |
| 1 | | | E3 | | | | | | | | | | | | |
| 1 | | | E4 | | | | | | | | | | | | |
| 1 | | | T5 | | | | | | | | | | | | |
| 1 | | | T6 | | | | | | | | | | | | |
| 1 | | | L100 | | | | | | | | | | | | |
| 4 | 14 | 土 | K | | | | | 片平スポ ーツ広場 | 屋外 | | | | | | |
| 4 | | | J1 | | | | | | | | | | | | |
| 4 | | | J2 | | | | | | | | | | | | |
| 4 | | | E3 | 4 | | 9:00 | 10:30 | | | | | | | | |
| 4 | | | E4 | 4 | | | | | | | | | | | |
| 4 | | | T5 | 4 | | 9:00 | 10:30 | | | | | | | | |
| 4 | | | T6 | 4 | | | | | | | | | | | |
| 4 | | | L100 | 4 | | 9:00 | 10:30 | | | | | | | | |
| 2 | 15 | 日 | K | | | | | | | | | | | | |
| 2 | | | J1 | | | | | | | | | | | | |
| 2 | | | J2 | | | | | | | | | | | | |
| 2 | | | E3 | | | | | | | | | | | | |
| 2 | | | E4 | | | | | | | | | | | | |
| 2 | | | T5 | | | | | | | | | | | | |
| 2 | | | T6 | | | | | | | | | | | | |
| 2 | | | L100 | | | | | | | | | | | | |
| 3 | 16 | 祝月 | K | | | | | | | | | | | | |
| 3 | | | J1 | | | | | | | | | | | | |
| 3 | | | J2 | | | | | | | | | | | | |
| 3 | | | E3 | | | | | | | | | | | | |
| 3 | | | E4 | | | | | | | | | | | | |
| 3 | | | T5 | | | | | | | | | | | | |
| 3 | | | T6 | | | | | | | | | | | | |
| 3 | | | L100 | | | | | | | | | | | | |
| 4 | 21 | 土 | K | 3 | | 9:00 | 10:00 | 磐梯熱海ス ポーツパー ク | 体育館 | | | | | | |
| 4 | | | J1 | 4 | | 9:00 | 10:30 | | | | | | | | |
| 4 | | | J2 | 4 | | | | | | | | | | | |
| 4 | | | E3 | | | | | | | | | | | | |
| 4 | | | E4 | | | | | | | | | | | | |
| 5 | | | T5 | 5 | | 10:30 | 12:00 | | | | | | | | |
| 5 | | | T6 | 5 | | | | | | | | | | | |
| 5 | | | L100 | | | | | | | | | | | | |
| 3 | 22 | 日 | K | 3 | | | | | | | | | | | |
| 4 | | | J1 | 4 | | 12:00 | 13:00 | | | | | | | | |
| 4 | | | J2 | 4 | | 12:00 | 13:30 | | | | | | | | |
| 4 | | | E3 | | | | | | | | | | | | |
| 4 | | | E4 | | | | | | | | | | | | |
| 5 | | | T5 | 5 | | 12:00 | 13:30 | | | | | | | | |
| 5 | | | T6 | 5 | | | | | | | | | | | |
| 5 | | | L100 | | | 13:30 | 15:00 | | | | | | | | |
| 6 | 28 | 土 | K | 5 | | 10:30 | 11:30 | 磐梯熱海ス ポーツパー ク | 多目的グラ ウンド | 9:00 | 10:00 | 磐梯熱海ス ポーツパー ク | 体育館 | | |
| 6 | | | J1 | 6 | | 10:30 | 12:00 | | | 10:00 | 11:00 | | | | |
| 6 | | | J2 | 6 | | 11:30 | 13:00 | | | | | | | | |
| 6 | | | E3 | 6 | | | | | | | | | | | |
| 6 | | | E4 | 6 | | 9:00 | 10:30 | | | | | | | | |
| 6 | | | T5 | 6 | | | | | | | | | | | |
| 6 | | | T6 | 6 | | 9:00 | 10:30 | | | 11:00 | 12:00 | | | | |
| 6 | | | L100 | 6 | | 9:00 | 10:30 | | | | | | | | |
| 7 | 29 | 日 | K | 6 | | 9:00 | 10:00 | 磐梯熱海ス ポーツパー ク | サッカー・ラ グビー場 【リフティン グテスト】 | | | | | | |
| 7 | | | J1 | 7 | | 9:00 | 10:30 | | | | | | | | |
| 7 | | | J2 | 7 | | | | | | | | | | | |
| 7 | | | E3 | 7 | | 9:00 | 10:30 | | | | | | | | |
| 7 | | | E4 | 7 | | | | | | | | | | | |
| 7 | | | T5 | 7 | | 11:00 | 12:30 | | | | | | | | |
| 7 | | | T6 | 7 | | | | | | | | | | | |
| 7 | | | L100 | 7 | | 11:00 | 13:00 | | | | | | | | |

