

# 令和7年度 洲本市リハビリ教室日程

【場所】洲本市健康福祉館2階 機能訓練室

【時間】(午前)9:00～11:30 (午後)13:00～17:00

4月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  | 5  |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ×  |    |    |    |
|    | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 27 | 28 | 29 | 30 |    |    |    |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |

5月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  | 3  |
| 午前 |    |    |    |    |    |    |    |
| 午後 |    |    |    |    |    |    |    |
|    | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |
|    | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ×  |    |    |    |
|    | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ×  |    |    |    |

6月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |
|    | 29 | 30 |    |    |    |    |    |
| 午前 |    |    |    |    |    |    |    |
| 午後 |    |    |    |    |    |    |    |

7月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  | 5  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |
|    | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 27 | 28 | 29 | 30 | 31 |    |    |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ×  |    |    |    |

8月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  | 2  |
| 午前 |    |    |    |    |    |    |    |
| 午後 |    |    |    |    |    |    |    |
|    | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ×  |    |    |    |
|    | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 31 |    |    |    |    |    |    |

9月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  | 6  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |
|    | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |
|    | 28 | 29 | 30 |    |    |    |    |
| 午前 |    |    | ○  |    |    |    |    |
| 午後 |    |    | ○  |    |    |    |    |

# 令和7年度 洲本市リハビリ教室日程

【場所】洲本市健康福祉館2階 機能訓練室

【時間】(午前)9:00～11:30 (午後)13:00～17:00

10月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  | 4  |
| 午前 |    |    |    | ×  |    |    |    |
| 午後 |    |    |    | ○  |    |    |    |
|    | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ○  |    |    |    |
|    | 26 | 27 | 28 | 29 | 30 | 31 |    |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ×  |    |    |    |

11月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    |    |    |    |    | 1  |
| 午前 |    |    |    |    |    |    |    |
| 午後 |    |    |    |    |    |    |    |
|    | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 30 |    |    |    |    |    |    |

12月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  | 6  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 28 | 29 | 30 | 31 |    |    |    |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ×  |    |    |    |

1月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  | 3  |
| 午前 |    |    |    |    |    |    |    |
| 午後 |    |    |    |    |    |    |    |
|    | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |

2月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ×  |    |    |    |
|    | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    |    |    |    |    |    |    |    |
| 午前 |    |    |    |    |    |    |    |
| 午後 |    |    |    |    |    |    |    |

3月

|    | 日  | 月  | 火  | 水  | 木  | 金  | 土  |
|----|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 午前 |    |    | ○  | ×  |    |    |    |
| 午後 |    |    | ○  | ○  |    |    |    |
|    | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 午前 |    |    | ×  | ×  |    |    |    |
| 午後 |    |    | ×  | ×  |    |    |    |
|    | 29 | 30 | 31 |    |    |    |    |
| 午前 |    |    | ×  |    |    |    |    |
| 午後 |    |    | ×  |    |    |    |    |