

| ※表の見方 | | | 空欄：あき枠 | | ×：予約済 | | | | | | | | | |
|-------|----|-----|--|-------|-------|------|---------|----------------------|--|---|---|---|--|--|
| 日 | 曜日 | 時間帯 | 中研修室① | 中研修室② | 中研修室③ | 多目的室 | 小研修室・厨房 | 備考 | | | | | | |
| 1 | 水 | 午前 | 年末年始休館日 12/29(日)~1/3(土) | | | | | | | | | | | |
| | | 午後 | | | | | | | | | | | | |
| 2 | 木 | 午前 | | | | | | | | | | | | |
| | | 午後 | | | | | | | | | | | | |
| | | 夜間 | | | | | | | | | | | | |
| 3 | 金 | 午前 | | | | | | | | | | | | |
| | | 午後 | | | | | | | | | | | | |
| 4 | 土 | 午前 | | | | | | | | | | × | | |
| | | 午後 | | | | | | | | × | × | × | | |
| | | 夜間 | × | | | | | | | | | | | |
| 5 | 日 | 午前 | | | | × | × | 中研修室① 16:00以降利用不可 | | | | | | |
| | | 午後 | | | | × | | 中研修室① 10:00まで利用不可 | | | | | | |
| 6 | 月 | 午前 | × | × | | × | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| 7 | 火 | 午前 | | | | × | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| 8 | 水 | 午前 | × | | × | × | × | | | | | | | |
| | | 午後 | × | | × | × | | | | | | | | |
| 9 | 木 | 午前 | × | | × | × | × | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| | | 夜間 | | | × | × | | | | | | | | |
| 10 | 金 | 午前 | | | | × | × | | | | | | | |
| | | 午後 | × | | × | × | × | | | | | | | |
| 11 | 土 | 午前 | × | × | × | | × | | | | | | | |
| | | 午後 | × | × | × | × | × | | | | | | | |
| 12 | 日 | 午前 | | | | × | | | | | | | | |
| | | 午後 | × | | × | × | × | | | | | | | |
| 13 | 月 | 午前 | | × | | × | × | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| 14 | 火 | 午前 | × | × | × | × | × | | | | | | | |
| | | 午後 | × | × | × | × | × | | | | | | | |
| 15 | 水 | 午前 | × | | × | × | × | | | | | | | |
| | | 午後 | × | × | × | × | × | | | | | | | |
| 16 | 木 | 午前 | × | × | | × | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| | | 夜間 | | | × | × | | | | | | | | |
| 17 | 金 | 午前 | × | | | × | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| 18 | 土 | 午前 | × | | × | × | × | | | | | | | |
| | | 午後 | × | × | | × | × | | | | | | | |
| | | 夜間 | | | | | | | | | | | | |
| 19 | 日 | 午前 | | | | × | × | | | | | | | |
| | | 午後 | | | | × | | | | | | | | |
| 20 | 月 | 午前 | × | | | × | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| 21 | 火 | 午前 | × | × | | × | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| 22 | 水 | 午前 | × | × | | × | × | | | | | | | |
| | | 午後 | × | × | × | × | × | | | | | | | |
| 23 | 木 | 午前 | × | | | × | × | | | | | | | |
| | | 午後 | × | × | × | | | | | | | | | |
| | | 夜間 | | | × | × | | | | | | | | |
| 24 | 金 | 午前 | 休館日 | | | | | | | | | | | |
| 25 | 土 | 午前 | × | | | × | × | | | | | | | |
| | | 午後 | × | | × | × | | | | | | | | |
| 26 | 日 | 午前 | | | | × | | | | | | | | |
| | | 午後 | × | × | | × | × | | | | | | | |
| 27 | 月 | 午前 | | × | | × | | | | | | | | |
| | | 午後 | | × | × | × | | | | | | | | |
| 28 | 火 | 午前 | × | × | | × | | | | | | | | |
| | | 午後 | × | × | × | × | × | | | | | | | |
| 29 | 水 | 午前 | × | | | × | × | | | | | | | |
| | | 午後 | | × | × | × | | | | | | | | |
| 30 | 木 | 午前 | 学校試験日 ~15:30 大きな声・音は不可 | | | | | | | | | | | |
| | | 午後 | × | × | × | × | | | | | | | | |
| | | 夜間 | | | × | × | | | | | | | | |
| 31 | 金 | 午前 | | | | × | | | | | | | | |
| | | 午後 | | × | × | × | × | | | | | | | |