

4月スケジュール

| 時間 | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|-------|--|--|--|--|--|--|--|
| 10:00 | opengym | | opengym | | | | |
| | Muaytai | | jiu-jitsu (beginner) | | | | opengym |
| 11:00 | 10:30~11:30 Level 1 | | 10:30~11:30 | | opengym | | Muaytai (KID'S & ADVANCE) 11:00~12:00 |
| | | | | | Muaytai | | |
| 12:00 | jiu-jitsu (beginner) 11:40~12:50 | | Kudo フリー 11:40~12:40 | | 11:30~12:30 Level 2 | | Fight-shape 12:10~13:00 |
| | | | | | jiu-jitsu (beginner) 12:40~ 13:50 | | |
| 13:00 | opengym | | Muaytai フリー 12:50~13:50 テクニク・スパ | | | opengym | jiu-jitsu (KID'S & ADULT) |
| | | | | | | Muaytai | |
| 14:00 | | | opengym | | opengym | 13:30~14:30 Level 1 | 13:10~14:20 |
| | | | | | | | |
| 15:00 | | | | | | | opengym |
| | | | | | | opengym | |
| 16:00 | | | | | | | |
| | | | | | | | |
| 17:00 | | opengym | | | | | |
| | | jiu-jitsu Kudo (KID'S & ADULT) 17:30 ~ 18:30 | opengym | opengym | | Kudo (senior) | |
| 18:00 | | opengym | | | opengym | 17:30~18:30 | |
| | | | | | | judo 18:30~19:00 | |
| 19:00 | opengym | Muaytai 18:50~19:50 Level 1 | TaekwonDo (KID'S & ADVANCE) 専用 19:00~20:30 | jiu-jitsu (beginner) 19:00~20:00 | Muaytai Condition/Technic 19:00~20:00 Level 1 | jiu-jitsu (beginner) 19:10~20:20 | |
| | | | | | | | |
| 20:00 | | Kudo (beginner) 20:00~21:10 | judo 20:30~21:00 | Kudo (beginner) 20:10~21:10 | jiu-jitsu (beginner) 20:10~21:10 | Muaytai 20:30~21:30 Level 1 | |
| | | | | | | | |
| 21:00 | | jiu-jitsu (beginner) 21:20~22:30 | jiu-jitsu (beginner) 21:00~22:00 | Muaytai 21:20~22:20 Level 1 | Kudo (beginner) 21:20~22:30 | opengym | |
| | | | | | | | |
| 22:00 | | opengym | opengym | opengym | opengym | | |
| | | | | | | | |
| 23:00 | | | | | | | |

- ・テコンドーは専用クラスです
- ・10日、20日、30日、祝日はお休みです
- ・クラス優先ですが、空いたスペースでの自主練習は可能です