

6月スケジュール

Summer time

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		10:30~11:40		opengym		Muaytai (KID'S & ADVANCE) 11:00~12:00
					Muaytai		
12:00	jiu-jitsu (beginner) 11:40~12:50		opengym		11:30~12:30 Level 2		Fight-shape
							12:10~13:00
13:00	opengym				jiu-jitsu (beginner) 12:40~13:50	opengym	jiu-jitsu (KID'S & ADULT)
						Muaytai	
14:00					opengym	13:30~14:30 Level 1	13:10~14:30
15:00							
						opengym	opengym
16:00							
17:00		opengym					
		Kudo (KID'S & ADULT) 17:30~18:30	opengym			Kudo (senior)	
18:00		opengym		opengym	opengym	17:30~18:30	
						judo 18:30~19:00	
19:00		Muaytai 18:50~19:50 Level 1	Kudo (beginner) 19:00~20:00	jiu-jitsu (beginner) 19:00~20:00	Muaytai Condition/Technic 19:00~20:00 Level 1	jiu-jitsu (beginner) 19:00~20:20	
	opengym						
20:00		Kudo (beginner) 20:00~21:10	opengym	Kudo (beginner) 20:10~21:10	jiu-jitsu (beginner) 20:10~21:10		
			judo 20:30~21:00			Muaytai 20:30~21:30 Level 1	
21:00			jiu-jitsu (beginner) 21:00~22:00				
		jiu-jitsu (beginner) 21:20~22:30		Muaytai 21:20~22:20 Level 1	Kudo (beginner) 21:20~22:30	opengym	
22:00			opengym				
		opengym		opengym	opengym		
23:00							

・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