

12月スケジュール

時間	月	火	水	木	金	土	日
10:00	opengym		opengym				
	Muaytai		jiu-jitsu (beginner) 10:30~11:40				opengym
11:00	10:30~11:30 Level 1				opengym		Muaytai (KID'S & ADVANCE) 11:00~12:00
	jiu-jitsu (beginner) 11:40~12:50		opengym		Muaytai 11:30~12:30 Level 2		Fight-shape 12:10~13:00
12:00					jiu-jitsu (beginner) 12:40~ 13:50		
13:00	opengym				opengym	opengym	jiu-jitsu (KID'S & ADULT)
					opengym	Muaytai 13:30~14:30 Level 1	13:10~14:30
14:00						opengym	opengym
15:00							
16:00							
17:00		opengym					
	opengym	Kudo (KID'S & ADULT) 17:30~18:30	opengym	opengym	opengym	Kudo (senior) 17:30~18:30	
18:00		opengym					judo 18:30~19:00
		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	
19:00							
			Kudo (beginner) 20:00~21:10	opengym	Kudo (beginner) 20:10~21:10	jiu-jitsu (beginner) 20:10~21:10	Muaytai 20:30~21:30 Level 1
20:00				judo 20:30~21:00			
		jiu-jitsu (beginner) 21:00~22:00	jiu-jitsu (beginner) 21:00~22:00	Muaytai 21:20~22:20 Level 1	Kudo (beginner) 21:20~22:30	opengym	
21:00							
		jiu-jitsu (beginner) 21:20~22:30	opengym				
22:00		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