

3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		
12:00			Boxing 12:00~13:00		11:30~12:30 Level 2		Fight-shape 12:10~13:00
	opengym		opengym		jiu-jitsu (beginner) 12:40~13:50		
13:00						opengym	jiu-jitsu (KID'S & ADULT)
					opengym	Muaytai	13:10~14:30
14:00						13:30~14:30 Level 1	
15:00						opengym	opengym
16:00							Boxing 16:00~17:00
17:00		opengym		opengym			
	opengym	Kudo (KID'S & ADULT) 17:30~18:30	opengym	Boxing 17:30~18:30	opengym	Kudo (senior) 17:30~18:30	
18:00		opengym		opengym		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 Level 1 19:00~20:00	jiu-jitsu (beginner) 19:00~20:20
20:00	Boxing 20:30~21:30	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	
21:00		opengym	jiu-jitsu (beginner) 21:00~22:00	Muaytai 21:20~22:20 Level 1	Kudo (beginner) 21:20~22:30		opengym
22:00			jiu-jitsu (beginner) 21:20~22:30	opengym	opengym		opengym
23:00		opengym					

・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