

3月スケジュール

時間	月	火	水	木	金	土	日
10:00	open gym		open gym				
	Muaytai 10:30~11:30 Level 1		jiu-jitsu (beginner) 10:30~11:40				open gym
11:00			open gym		open gym		Muaytai (KID'S & ADVANCE) 11:00~12:00
12:00	jiu-jitsu (beginner) 11:40~12:50		Boxing 12:00~13:00		jiu-jitsu (beginner) 12:40~ 13:50		Fight-shape 12:10~13:00
13:00	open gym		open gym		open gym	open gym	jiu-jitsu (KID'S & ADULT) 13:10~14:30
14:00					open gym		
15:00							open gym
16:00						open gym	Boxing 16:00~17:00
17:00		open gym		open gym			open gym
18:00		Kudo (KID'S & ADULT) 17:30~18:30	open gym	Boxing 17:30~18:30		Kudo (senior) 17:30~18:30	
19:00		open gym		open gym	Muaytai Condition/Technic 19:00~20:00 Level 1	judo 18:30~19:00	
20:00		Muaytai 18:50~19:50 Level 1	Kudo (beginner) 19:00~20:00	jiu-jitsu (beginner) 19:00~20:00	jiu-jitsu (beginner) 19:00~20:20		
21:00	open gym	Boxing 20:30~21:30	open gym	Kudo (beginner) 20:10~21:10	jiu-jitsu (beginner) 20:10~21:10	Muaytai 20:30~21:30 Level 1	
22:00		jiu-jitsu (beginner) 21:20~22:30	open gym	Muaytai 21:20~22:20 Level 1	Kudo (beginner) 21:20~22:30	open gym	
23:00			open gym	open gym	open gym		

・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