

8月スケジュール

時間	月	火	水	木	金	土	日
10:00	opengym		opengym		opengym		
11:00	Muaytai 10:30~11:30 Level1		jiu-jitsu (beginner) 10:30~11:40		Muaytai 10:30~11:30 Level2		opengym
12:00	jiu-jitsu (beginner) 11:40~12:50		opengym		jiu-jitsu (beginner) 11:40~12:50		Muaytai (KID'S & ADVANCE) 11:00~12:00
13:00	opengym		Boxing 12:00~13:00		opengym		Fight-shape 12:10~13:00
14:00			opengym		opengym	opengym	jiu-jitsu (KID'S & ADULT) 13:10~14:30
15:00						Muaytai 13:30~14:30 Level1	
16:00						opengym	opengym
17:00						opengym	Boxing 16:00~17:00
18:00		opengym		opengym			opengym
19:00		kudo (KID'S&ADULT) 17:30~18:30	opengym	Taekwondo (KID'S&ADULT) 17:30~18:50	opengym	kudo (senior) 17:30~18:30	
20:00		opengym				judo 18:30~19:00	
21:00		Muaytai 18:50~19:50 Level1	Kudo (beginner) 19:00~20:00	jiu-jitsu (beginner) 19:00~20:00	Muaytai 19:00~20:00 Level1	jiu-jitsu (beginner) 19:00~20:20	
22:00		kudo (beginner) 20:00~21:10	opengym	kudo (begginer) 20:10~21:10	jiu-jitsu (beginner) 20:10~21:10		
23:00	Boxing 20:30~21:30	judo 20:30~21:00				Muaytai 20:30~21:30 Level1	
		jiu-jitsu (beginner) 21:00~22:00	jiu-jitsu (beginner) 21:00~22:00	Muaytai 21:20~22:20 Level1	kudo (beginner) 21:20~22:30	opengym	
	opengym	opengym	opengym	opengym	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