

# 8月スケジュール

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