

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
9:00										
10:00	9:30~10:30 Jiu-Jitsu EMERSON	9:30~10:45 Kick Boxing Free Time	9:30~10:30 Jiu-Jitsu OKAMOTO	9:30~10:30 Jiu-Jitsu EMERSON	9:30~10:30 Jiu-Jitsu EMERSON	9:30~10:30 Ladies Kick Boxing	9:30~10:30 Ladies Kick Boxing			
	10:30~11:00 jiu-jitsu free time	10:30~11:00 jiu-jitsu free time	10:30~11:00 jiu-jitsu free time	10:30~11:00 jiu-jitsu free time	10:30~11:00 jiu-jitsu free time	10:00~11:00 ★Kids Jiu-Jitsu				
11:00	11:00~12:00 Jiu-Jitsu EMERSON	11:00~12:00 Ladies Kick Boxing	11:00~12:00 Jiu-Jitsu OKAMOTO	11:00~12:00 Jiu-Jitsu EMERSON	11:00~12:00 Jiu-Jitsu EMERSON	11:00~12:00 Ladies Kick Boxing	11:00~12:00 Jiu-Jitsu EMERSON			
		10:45~11:45 Kick Boxing	11:00~12:00 Ladies Kick Boxing	11:00~12:00 Ladies Kick Boxing	10:45~12:00 Kick Boxing Free Time	11:00~12:00 Ladies Kick Boxing	10:45~12:00 Kick Boxing Free Time			
12:00	12:00 - 17:00 Private Lesson									
13:00								13:00~14:00 Pilates	13:00~14:00 Pilates	13:00~14:00 Pilates
17:00										
18:00	17:30~18:30 Kick Boxing Free Time	17:30~18:30 jiu-jitsu free time	17:30~18:30 ★Kids Kick Boxing	17:30~18:30 ★Kids jiu-jitsu	17:30~18:30 Kick Boxing Free Time	17:30~18:30 jiu-jitsu free time	17:30~18:30 ★Kids Kick Boxing			
	18:00~19:00 Jiu-Jitsu EMERSON	18:30~19:45 Kick Boxing Free Time	18:30~19:45 ★Kids Kick Boxing	18:30~19:45 ★Kids jiu-jitsu	18:30~19:45 Kick Boxing Free Time	18:30~19:45 ★Kids jiu-jitsu	18:30~19:45 Kick Boxing Free Time			
19:00	18:45~19:45 Ladies Kick Boxing	19:00~20:00 Jiu-Jitsu OKAMOTO	19:00~20:00 Kick Boxing Free Time	19:00~20:00 Jiu-Jitsu EMERSON	18:45~19:45 Ladies Kick Boxing	19:00~20:00 Jiu-Jitsu OKAMOTO	18:45~19:45 Ladies Kick Boxing			
	19:00~20:00 Jiu-Jitsu EMERSON	19:00~20:00 Jiu-Jitsu OKAMOTO	19:00~20:00 Kick Boxing Free Time	19:00~20:00 Jiu-Jitsu EMERSON	19:00~20:00 Ladies Kick Boxing	19:00~20:00 Jiu-Jitsu OKAMOTO	19:00~20:00 Ladies Kick Boxing			
20:00	20:00~21:00 jiu-jitsu free time	20:00~21:00 Kick Boxing	20:00~21:00 jiu-jitsu free time	20:00~21:00 Ladies Kick Boxing	20:00~21:00 Jiu-Jitsu Basic EMERSON	20:00~21:00 Kick Boxing	20:00~21:00 jiu-jitsu free time			
	20:00~21:00 Kick Boxing	20:00~21:00 jiu-jitsu free time	20:00~21:00 Ladies Kick Boxing	20:00~21:00 Jiu-Jitsu Basic EMERSON	20:00~21:00 Kick Boxing	20:00~21:00 jiu-jitsu free time	20:00~21:00 Kick Boxing			
21:00	CLOSE									

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CLOSE