

|            | Monday                                 | Tuesday                           | Wednesday                         | Thursday                              | Friday                                 | Saturday                         | Sunday                           |
|------------|--|-----------------------------------|-----------------------------------|---------------------------------------|--|----------------------------------|----------------------------------|
| 9:00       |  |                                   |                                   |                                       |  |                                  |                                  |
| 9:30~10:30 | Jiu-jitsu EMERSON                      | HIIT                              | Jiu-jitsu OKAMOTO,ONO             | Ladies Kick Boxing                    | Jiu-jitsu EMERSON                      | Kick Boxing                      |                                  |
| 10:00      | 10:30~11:00<br>jiu-jitsu open mat      | 11:00~11:45<br>Ladies Kick Boxing | 11:00~12:00<br>Kick Boxing mit    | 11:00~12:00<br>jiu-jitsu EMERSON      | 11:00~12:00<br>Ladies Kick Boxing      | 11:30~13:30<br>jiu-jitsu OKAMOTO | CLOSE                            |
| 11:00      | 11:00~12:00<br>jiu-jitsu EMERSON       | 12:00~13:00                       | 12:30~16:00                       | 12:30~14:30<br>Grappling ONO          | 12:30~16:00<br>jiu-jitsu EMERSON       | 12:30~16:00<br>jiu-jitsu OKAMOTO | 12:30~14:00<br>Grappling OKAMOTO |
| 12:00      | 12:30~14:30<br>Grappling ONO           | 13:00~14:00<br>Pilates            | 13:00~14:00<br>Pilates            | 13:00~14:00<br>jiu-jitsu Sparring ONO | 13:00~14:00<br>Pilates                 | 13:00~14:00<br>Pilates           | 13:00~14:00<br>Grappling OKAMOTO |
| 13:00      | 14:30~16:00                            | 14:30~16:00<br>free practice      | 14:30~16:00<br>free practice      | 14:30~16:00<br>free practice          | 14:30~16:00<br>free practice           | 14:30~16:00<br>free practice     | 14:30~16:00<br>free practice     |
| 14:00      | 15:00~17:00<br>free practice           | 15:00~17:00<br>Grappling ONO      | 15:00~17:00<br>free practice      | 15:00~17:00<br>free practice          | 15:00~17:00<br>free practice           | 15:00~17:00<br>free practice     | 15:00~17:00<br>jiu-jitsu OKAMOTO |
| 15:00      | 16:30~17:20<br>★kids                   |                                   |                                   |                                       |  |                                  |                                  |
| 16:00      | 17:30~18:30<br>jiu-jitsu EMERSON       | 17:30~18:15<br>Kick Boxing mit    | 17:30~18:15<br>★kids              | 17:30~18:15<br>Kick Boxing mit        | 17:30~18:30<br>jiu-jitsu BASIC EMERSON | 17:30~18:15<br>Kick Boxing mit   |                                  |
| 17:00      | 18:30~19:15<br>Ladies Kick Boxing      | 18:30~19:15<br>jiu-jitsu OKAMOTO  | 18:30~19:15<br>Kick Boxing        | 18:30~19:15<br>jiu-jitsu EMERSON      | 18:30~19:15<br>Ladies Kick Boxing      | 18:30~19:15<br>jiu-jitsu OKAMOTO | CLOSE                            |
| 18:00      | 19:45~20:30<br>jiu-jitsu BASIC EMERSON | 20:00~21:00<br>jiu-jitsu OKAMOTO  | 20:00~21:00<br>Ladies Kick Boxing | 20:00~21:00<br>jiu-jitsu open mat     | 20:00~21:00<br>jiu-jitsu OKAMOTO       | 20:00~21:00<br>jiu-jitsu OKAMOTO | CLOSE                            |
| 19:00      | 20:30~21:00<br>free practice           | 20:30~21:00<br>free practice      | 20:30~21:00<br>free practice      | 20:30~21:00<br>free practice          | 20:30~21:00<br>free practice           | 20:30~21:00<br>free practice     | CLOSE                            |
| 20:00      | CLOSE                                  |                                   |                                   |                                       |  |                                  |                                  |
| 21:00      | CLOSE                                  |                                   |                                   |                                       |  |                                  |                                  |