

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00							9:00~10:00 Grappling SANTOS
9:30~10:30	Jiu-jitsu EMERSON	Jiu-jitsu SANTOS	Jiu-jitsu EMERSON	Jiu-jitsu EMERSON	Jiu-jitsu EMERSON		
10:00							
10:30~11:00	Jiu-jitsu open mat	Jiu-jitsu open mat	Jiu-jitsu open mat	Jiu-jitsu open mat	Jiu-jitsu open mat		10:30~11:30 Jiu-jitsu SANTOS
11:00							
11:00~12:00	Jiu-jitsu EMERSON	Jiu-jitsu SANTOS	Jiu-jitsu EMERSON	Jiu-jitsu EMERSON	Jiu-jitsu EMERSON		
12:00		12:00~13:00				11:30~12:30 Jiu-jitsu SANTOS	
12:30~13:30	KPOP dance	Jiu-jitsu Beginner ONO	12:30~13:30	Jiu-jitsu Beginner ONO	Jiu-jitsu diet ONO	13:00~14:00 Grappling SANTOS	
13:00	Jiu-jitsu diet ONO	Pilates	Jiu-jitsu women's ONO	Pilates	Jiu-jitsu diet ONO		
14:00	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO		
14:00~15:00	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO		
15:00							
15:30~16:30	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO	Jiu-jitsu Beginner ONO		
16:00	Grappling ONO	16:00~17:00 ★kids gymnastics class ONO	Grappling ONO	16:00~17:00 ★kids gymnastics class ONO	Grappling ONO		
17:00							
17:30~18:30	Jiu-jitsu EMERSON	★kids	Jiu-jitsu EMERSON	Jiu-jitsu BASIC EMERSON	★kids		
18:00	Kick Boxing mit	Kick Boxing mit	Kick Boxing mit	Kick Boxing mit	Kick Boxing mit		
18:45~19:45	Jiu-jitsu EMERSON	Jiu-jitsu OKAMOTO	Jiu-jitsu EMERSON	Jiu-jitsu OKAMOTO	Jiu-jitsu OKAMOTO		
19:00	Ladies Kick Boxing	Kick Boxing	Ladies Kick Boxing	Kick Boxing	Ladies Kick Boxing		
20:00~21:00	Jiu-jitsu BASIC EMERSON	Jiu-jitsu OKAMOTO	Jiu-jitsu open mat	Jiu-jitsu OKAMOTO	Jiu-jitsu OKAMOTO		
20:00	Kick Boxing mit	Ladies Kick Boxing	Kick Boxing	Ladies Kick Boxing	Kick Boxing		
21:00	CLOSE						CLOSE