

	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	10:00~11:00 Pilates 10:00~11:00 ★kids	10:30~11:30 Jiu-jitsu SANTOS	
11:00	Jiu-jitsu EMERSON	Jiu-jitsu SANTOS	Jiu-jitsu EMERSON	Jiu-jitsu EMERSON	Jiu-jitsu EMERSON			
11:00~12:00								
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	Jiu-jitsu diet ONO	13:00~14:00 Pilates	Jiu-jitsu women's ONO	13:00~14:00 Pilates	Jiu-jitsu diet ONO	13:00~14:00 Grappling SANTOS		
14:00	Jiu-jitsu Beginner ONO	Grapping ONO	Jiu-jitsu Beginner ONO	Grapping ONO	Jiu-jitsu Beginner ONO			
14:00~15:00								
15:00								
15:30~16:30	Grapping ONO	16:00~17:00 ★kids gymnastics class ONO	Grapping ONO	16:00~17:00 ★kids gymnastics class ONO	Grapping ONO			
16:00								
17:00		17:15~18:15 ★kids	17:30~18:45	17:15~18:15 ★kids	17:30~18:45			
17:30~18:30	Jiu-jitsu EMERSON	Kick Boxing mit	Kick Boxing mit	Jiu-jitsu BASIC EMERSON	Kick Boxing mit			
18:00								
18:45~19:45	Jiu-jitsu EMERSON	19:00~19:45 Ladies Kick Boxing	Jiu-jitsu OKAMOTO	19:00~19:45 Kick Boxing	Jiu-jitsu EMERSON	19:00~19:45 Ladies Kick Boxing		
19:00								
19:00~19:45	Jiu-jitsu EMERSON	19:00~19:45 Ladies Kick Boxing	Jiu-jitsu OKAMOTO	19:00~19:45 Kick Boxing	Jiu-jitsu EMERSON	19:00~19:45 Ladies Kick Boxing		
20:00	Jiu-jitsu BASIC EMERSON	Kick Boxing mit	Jiu-jitsu OKAMOTO	Ladies Kick Boxing	Jiu-jitsu OKAMOTO	Kick Boxing		
20:00~21:00								
20:00~21:00	Jiu-jitsu BASIC EMERSON	Kick Boxing mit	Jiu-jitsu OKAMOTO	Ladies Kick Boxing	Jiu-jitsu OKAMOTO	Kick Boxing		
21:00	CLOSE							