

CARPEDIEM OKINAWA SCHEDULE

月 Mon.	火 Tue. 6:00~7:00	水 Wed.	木 Thu. 6:00~7:00	金 Fri.	土 Sat. 8:00~9:30	日 Sun.
	NOGI LEO		柔術・Jiu-Jitsu・LEO		Jiu-Jitsu NOGI Sparring Open mat	
	CLOSE		CLOSE			
9:30~10:30	9:30~10:30	9:30~10:30	9:30~10:30	9:30~10:30		9:30~11:00
柔術・Jiu-Jitsu・EMERSON	柔術・Jiu-Jitsu・MINERO	柔術・Jiu-Jitsu・EMERSON	NOGI beginner・No sparring MINERO	柔術初心者・Jiu-Jitsu beginner No sparring・JOSE		柔術・Jiu-Jitsu Basic SANTOS
			10:30~11:00 アニマルフロー・ANIMAL FLOW		10:10~11:00 キッズ柔術4-6歳 Kids 4-6years	
11:00~12:00	11:00~12:00	11:00~12:00	11:00~12:00	11:00~12:00	11:15~12:15	11:30~12:30
柔術初心者・Jiu-Jitsu beginner No sparring EMERSON	柔術初心者・Jiu-Jitsu beginner No sparring MINERO	柔術初心者・Jiu-Jitsu beginner No sparring EMERSON	柔術・Jiu-Jitsu・MINERO	柔術・Jiu-Jitsu・JOSE	キッズ柔術7-13歳 Kids 7-13 years	キッズ柔術4-13歳 Kids 4-13 years
					12:30~13:30 ★レディースクラス 10歳～ Ladies only from age 10	
CLOSE	CLOSE	CLOSE	CLOSE	CLOSE	14:00~15:00 柔術・Jiu-Jitsu Basic SANTOS	
						CLOSE
16:00~16:50	16:00~17:00	16:00~16:50	16:00~17:00	16:00~17:00		
キッズ柔術4-6歳 Kids 4-6 years	キッズ体操 Kids gymnastics	キッズ柔術4-6歳 Kids 4-6 years	キッズ体操 Kids gymnastics	キッズ体操 Kids gymnastics		
17:00~18:00	17:10~18:00	17:00~18:00	17:10~18:00	17:10~18:00		
キッズ柔術7-13歳 Kids 7-13 years	キッズ柔術4-6歳 Kids 4-6 years	キッズ柔術7-13歳 Advance Kids 7-13years	キッズ柔術4-6歳 Kids 4-6 years	キッズ柔術4-6歳 Kids 4-6 years		
18:15~19:45	18:15~19:15	18:15~19:15	18:15~19:15	18:15~19:15		
柔術・Jiu-Jitsu・EMERSON	キッズ柔術7-13歳 Kids 7-13 years	柔術初心者・Jiu-Jitsu beginner No sparring EMERSON	キッズ柔術7-13歳 Kids 7-13 years	キッズ柔術7-13歳 Kids 7-13 years		
	19:30~21:00	19:30~21:00	19:30~21:00	19:30~21:00		
20:00~21:00	柔術・Jiu-Jitsu Basic・MINERO	柔術・jiu-jitsu・sparring EMERSON	柔術・Jiu-Jitsu・MINERO	NOGI・SANTOS		
柔術初心者・Jiu-Jitsu beginner No sparring EMERSON						
		CLOSE				
						柔術・Jiu-Jitsu Basic NOGI KIDS
						Private lessons all time ok