

SENDAI Schedule ※祝日は祝日スケジュールになります。10:00-11:00 All Belts Class

2024.4.1~

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00							9:30-10:30 Kids柔術(4-12歳)
10:00		10:00-11:00 All Belts		10:00-11:00 Basic		10:00-11:00 Family BJJ	
11:00						11:30-12:30 All Belts	11:00-12:00 White Belts
12:00	12:00-13:00 Basic		12:00-13:00 All Belts		12:00-13:00 Basic	12:30-13:30 Grappling	12:00-13:30 All Belts
13:00							
14:00							
15:00							
16:00							
17:00	17:00-18:00 Kids柔術(4-12歳)	17:00-18:00 Kids柔術(4-12歳)		17:00-18:00 Kids体操&レスリング (4-12歳)	17:00-18:00 Kids柔術(4-12歳)		
18:00							
19:00	19:00-20:00 All Belts	19:00-20:00 White Belts	19:00-20:00 Basic	19:00-20:00 White Belts		19:30-20:30 Monthly Technique	
20:00	20:00-21:00 All Belts	20:00-21:00 Basic	20:00-21:00 All Belts	20:00-21:00 Basic		20:30-21:30 Drill&Sparring	
21:00	21:15-22:15 Basic	21:15-22:15 All Belts	21:15-22:15 Grappling	21:15-22:15 All Belts			
22:00							