

## <Training Schedule>

Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Big Dojo	Small Dojo	Big Dojo	Small Dojo	Big Dojo	Small Dojo	Big Dojo	Small Dojo	Big Dojo	Small Dojo	Big Dojo	Small Dojo
		7:00~8:00	7:00~8:00			7:00~8:00	7:00~8:00				
		General Class	Basic class			General Class	Basic Class				
		Uchikawa Shidoi				Ookoshi Shihandai					
8:30~9:30		8:30~9:30		8:30~9:30		8:30~9:30		8:30~9:30			
Ippan Senshu		Ippan Senshu		Ippan Senshu		Ippan Senshu		Ippan Senshu			
Chris Sewanin		Uchikawa Shidoi		Chris Sewanin		Chris Sewanin		Uchikawa Shidoi			
									10:00~11:00	10:00~11:00	10:00~11:00
									General Class	General Class	Basic Class
									Basic Class		
									Shimizu Shidoi	Noriki Dojocho	Shimizu Shidoi
									11:30~12:30	11:15~12:15	
									Slow Class	Children Class	
									Shigihara Shidoi	Tochitani Shidoi	
14:00~15:00		14:00~15:00		14:00~15:00		14:00~15:00		13:00~14:00		13:00~14:00	
Kenshu Class		Kenshu Class		Kenshu Class		Kenshu Class		General Class		General Class	
Slow Class		Slow Class		Slow Class		Slow Class		Basic Class		Basic Class	
Uchikawa Shidoi		Shigihara Shidoi		Noriki Dojocho		Noriki Dojocho		Shimizu Shidoi		Uchikawa Shidoi	
								14:30~15:30			
								Children Class			
								Shigihara Shidoi			
17:00~18:00		17:00~18:00		17:00~18:00		17:00~18:00		16:00~17:00	16:00~17:00		
Children Class		Children Class		Children Class		Children Class		General Class	Basic Class		
Shigihara Shidoi		Uchikawa Shidoi		Shigihara Shidoi		Shimizu Shidoi		Noriki Dojocho	Shimizu Shidoi		
18:20~19:20	18:20~19:20	18:20~19:20	18:20~19:20	18:20~19:20	18:20~19:20	18:20~19:20	18:20~19:20				
General Class	Basic Class	General Class	Basic Class	General Class	Basic Class	General Class	Basic Class				
Shimizu Shidoi	Shigihara Shidoi	Uchikawa Shidoi	Noriki Dojocho	Ookoshi Shihandai	Uchikawa Shidoi	Shimizu Shidoi	Noriki Dojocho				
19:30~20:30	19:30~20:30	19:30~20:30	19:30~20:30	19:30~20:30	19:30~20:30	19:30~20:30	19:30~20:30				
General Class	Basic Class	General Class	Basic Class	General Class	Basic Class	General Class	Basic Class				
Shimizu Shidoi	Shigihara Shidoi	Noriki Dojocho	Uchikawa Shidoi	Ookoshi Shihandai	Uchikawa Shidoi	Noriki Dojocho	Shimizu Shidoi				