

〈Training Schedule as of 2017〉

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		General Class		General Class		General Class					
Basic Class		Basic Class		Basic Class		Basic Class					
Chino Kancho daikou		Uchikawa Shidoi		Chino Kancho daikou		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		Kawasakii Jun Shidoi		Rosie Jun Shidoi		Kawasakii Jun Shidoi			
									10:00~11:00	10:00~11:00	10:00~11:00
									General Class	General Class	Basic Class
									Basic Class		
									Shimizu Shidoi	Noriki Shihan	Shimizu Shidoi
									11:30~12:30	11:15~12:15	
									Slow Class	Children / Tots 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	
Chino Kancho daikou		Chino Kancho daikou		Noriki Shihan		Noriki Shihan			Shimizu Shidoi	Uchikawa Shidoi	
									14:30~15:30		
									Children / Tots		
									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 / Tots Class		Children / Tots Class		Children / Tots Class		Children / Tots Class		General Class	Basic Class		
Shigihara Shidoi		Uchikawa Shidoi		Shigihara Shidoi		Shimizu Shidoi		Noriki Shihan	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				
Chino Kancho daikou	Shigihara Shidoi	Noriki Shihan	Uchikawa Shidoi	Chino Kancho daikou	Uchikawa Shidoi	Noriki Shihan	Shimizu Shidoi				
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				
Chino Kancho daikou	Shigihara Shidoi	Noriki Shihan	Uchikawa Shidoi	Chino Kancho daikou	Uchikawa Shidoi	Noriki Shihan	Shimizu Shidoi				