

<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					
		General Class	Basic class			General Class	Basic Class				
		Uchikawa Shihandai				Ookoshi Shihandai					
		8:30~9:30				8:30~9:30		8:30~9:30			
		International Senshusei Class				International Senshusei Class		International Senshusei Class			
		General Class				General Class		General Class			
		Uchikawa Shihandai				Tochitani Shidoi		Uchikawa Shihandai			
									10:00~11:00	10:00~11:00	10:00~11:00
									General Class	General Class	Basic Class
									Basic Class		
									Shimizu Shihandai	Noriki Dojocho	Shimizu Shihandai
										11:15~12:15	
										Children Class family Class	
										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	
nyumon Class		nyumon Class		nyumon Class		nyumon Class		General Class		General Class	Basic Class
Uchikawa Shihandai		Shigihara Shidoi		Noriki Dojocho		Noriki Dojocho		Basic Class		Uchikawa Shihandai	
								Shimizu Shihandai			
									14:30~15:30		
									Children Class family 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 family Class		Children Class family Class		Children Class family Class		Children Class family Class		General Class	Basic Class		
Shigihara Shidoi		Uchikawa Shihandai		Shigihara Shidoi		Shimizu Shihandai		Noriki Dojocho	Shimizu Shihandai		
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 Shihandai	Shigihara Shidoi	Shimizu Shihandai	Noriki Dojocho	Ookoshi Shihandai	Uchikawa Shihandai	Shimizu Shihandai	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 Shihandai	Shigihara Shidoi	Noriki Dojocho	Shigihara Shidoi	Ookoshi Shihandai	Uchikawa Shihandai	Noriki Dojocho	Shimizu Shihandai				