

## Headquarters Training Schedule at basement Dojo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
10:00	FREE 10:00~17:00	Regular Class (Nanjo) 11:00~12:00 (Holiday as per usual)	FREE 10:00~16:30	FREE 10:00~18:30	FREE 12:00~18:30	FREE 10:00~11:00	FREE 10:00~13:30	10:00					
11:00						Regular Class (Nanjo) 11:00~12:00 (Holiday as per usual)		11:00					
12:00						Regular Class (Black Belt Volunteers) 11:30~13:30		12:00					
13:00						13:00							
14:00	FREE 12:00~18:30	Juni or/Childhood Class (Shimizu - Endo) 17:00~18:30 (Closed on holiday)	Juni or/Childhood Class (Shimizu - Endo) 17:00~18:30 (Closed on holiday)	Regular Class (Kaneko - Miki - Imaratsu) 19:00~20:30 (Holiday 13:00~14:30)	Beginners Class (Shimizu) 19:00~20:00 (Holiday 13:30~14:30)	Juni or/Childhood Class (Shimizu) 14:00~16:00	Regular Class (Yamazaki - HQ Black Belt) 14:00~16:00	14:00					
15:00						15:00							
16:00						Businessman Class Part 1 (Matsubara) 16:00~17:30	FREE 16:00~17:00	16:00					
17:00						17:00							
18:00	Juni or Class (Shimizu) 17:30~19:00 (Closed on holiday)	Beginners Class (Shimizu) 19:00~20:00 (Holiday 13:30~14:30)	Beginners Class (Koseki) 19:00~20:00 (Holiday 13:30~14:30)	Regular Class (Kaneko - Miki - Imaratsu) 19:00~20:30 (Holiday 13:00~14:30)	Beginners Class (Shimizu) 19:00~20:00 (Holiday 13:30~14:30)	Businessman Class Part 2 (Matsubara) 17:30~19:00	17:00 CLOSE	18:00					
19:00	19:00												
20:00	Regular Class (Koseki) 19:30~21:30 (Holiday 14:30~16:00)					Sparring Class (Shimizu) 20:00~21:30 (Holiday 14:30~16:00)		Regular Class (Shimizu) 20:00~21:30 (Holiday 14:30~16:00)	Judo Beginners Class (Judo high-ranking Dan instructor) 20:30~22:00 (Holiday 14:30~16:00)	Ground Techniques Class (Nakai - Notoya) 20:00~22:00 (Holiday 14:30~16:00)	FREE 19:00~20:00	20:00 CLOSE	20:00
21:00	21:00												
22:00	FREE 21:30~23:00	FREE 21:30~23:00	FREE 21:30~23:00	FREE 22:00~23:00	FREE 22:00~23:00	22:00	22:00	22:00					
23:00	23:00 CLOSE						23:00	23:00					

※ When public holidays fall on Saturday and Sunday, classes are held as usual. on Monday and Wednesday, Juni or/Childhood classes are closed. on weekdays, closing time is 17:00

FREE	You can use Dojo for free training. However, this will not be added to requirement days for your Kyu/Dan examination.
REGULAR	General classes for all members. From warm-up to basic exercises. The contents are divided by day of week.
BUSINESSMAN	These classes are targeted over 35 years old mainly.
JUNIOR/CHILDHOOD	These classes are targeted Juni or and Childhood.
BEGINNERS	These classes are targeted beginners. You can study Basic/I do Gai ko and basic techniques of Punching & Grappling.
CLOSE	Please make a swift exit until exit time as noted.