

	火曜日	水曜日	木曜日	金曜日	土曜日	日曜日
10:00						
11:00			TRYnations Team Training 11:00-12:00 LEVEL 1 黒岩	TRYnations Team Training 11:00-12:00 LEVEL 2 黒岩	TRYnations Team Training 10:40-11:40 LEVEL 2 黒岩	
12:00	TRYnations Team Training 11:30-12:30 LEVEL 1 山口	TRYnations Team Training 12:00-13:00 LEVEL 2 黒岩			TRYnations Team Training 11:55-12:55 LEVEL 3 黒岩	
13:00	TRYnations Team Training 13:00-14:00 LEVEL 2 中野			bodyREmake Group Training 13:00-14:00 堀		
14:00	bodyREmake Group Training 14:15-15:15 塩原			TRYnations Team Training 14:30-15:30 LEVEL 1 山口	TRYnations Team Training 14:45-15:45 LEVEL 2 山口	TRYnations Team Training 14:15-15:15 LEVEL 1 篠田
15:00						
16:00						TRYnations Team Training 16:00-17:00 LEVEL 2 篠田
17:00					TRYnations Team Training 17:10-18:10 LEVEL 1 山口	
18:00						
19:00						
20:00	TRYnations Team Training 19:30-20:30 LEVEL 2 黒岩	TRYnations Team Training 19:30-20:30 LEVEL 3 黒岩	TRYnations Team Training 19:15-20:15 LEVEL 3 中野	TRYnations Team Training 19:30-20:30 LEVEL 3 中野		
21:00	TRYnations Team Training 20:40-21:40 LEVEL 1 達家	TRYnations Team Training 20:40-21:40 LEVEL 2 達家	TRYnations Team Training 20:30-21:30 LEVEL 1 篠田	TRYnations Team Training 20:40-21:40 LEVEL 2 山口		
22:00						
23:00						