

8月

| 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|----------------------------|---|--|----------------------------|---|----------------------------|--|
| | | 1 10:00~ ストレッチ 19:00~ Fightin' Fitness | 2 | 3 9:30~ Fightin' Fitness 19:30~ Fightin' Fitness | 4 | 5 |
| 6 | 7 | 8 10:00~ ストレッチ | 9 | 10 9:30~ Fightin' Fitness 19:30~ Fightin' Fitness | 11 | 12 9:00~ 障がい者支援Run 19:15~ Fightin' Fitness |
| 19:15~ Fightin' Fitness | 18:30~ Fightin' Fitness 19:00~ ストレッチ | | 19:00~ Fightin' Fitness | | 18:30~ Fightin' Fitness | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | 19:00~ Fightin' Fitness | 19:30~ Fightin' Fitness | | 19:15~ Fightin' Fitness |
| 20 | 21 | 22 10:00~ ストレッチ | 23 | 24 9:30~ Fightin' Fitness 19:30~ Fightin' Fitness | 25 | 26 9:00~ 障がい者支援Run 18:30~ Fightin' Fitness |
| | 18:30~ Fightin' Fitness 19:00~ ストレッチ | | 19:00~ Fightin' Fitness | | 18:30~ Fightin' Fitness | |
| 27 | 28 | 29 10:00~ ストレッチ | 30 | 31 9:30~ Fightin' Fitness | | |
| 19:15~ Fightin' Fitness | 18:30~ Fightin' Fitness 19:00~ ストレッチ | | | | | |

