

10 月 練 習 計 画

2018 船橋ジュニア体操クラブ

| 10月 日 曜日 | | 大会・行事 | 男 子 | | | 女 子 | | | |
|-------------|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | 育成 | 選抜 | 選手 | 育成 | 特育 | 選抜 | 選手 |
| 1 | 月 | 国体（鯖江～10/3） | 休館日 | | | | | | |
| 2 | 火 | | 17:45~19:45 | 18:30~21:00 | 18:30~21:00 | | 18:30~21:00 | 18:30~21:00 | 18:30~21:00 |
| 3 | 水 | | | 18:30~21:00 | 18:30~21:00 | 17:45~19:45 | | 18:30~21:00 | 18:30~21:00 |
| 4 | 木 | | | 18:30~21:00 | 18:30~21:00 | | | 18:30~21:00 | 18:30~21:00 |
| 5 | 金 | | | | 18:30~21:00 | | 18:30~21:00 | | 18:30~21:00 |
| 6 | 土 | | 14:00~16:00 | 14:00~18:00 | 14:00~18:00 | 9:00~11:00 | 11:00~13:30 | 14:00~18:00 | 14:00~18:00 |
| 7 | 日 | | 9:00~11:00 | 13:00~17:00 | 13:00~17:00 | 9:00~11:00 | 11:00~13:30 | 13:00~17:00 | 13:00~17:00 |
| 8 | 月 | | | 10:00~14:00 | 10:00~14:00 | | | 10:00~14:00 | 10:00~14:00 |
| 9 | 火 | | 17:45~19:45 | 18:30~21:00 | 18:30~21:00 | | 18:30~21:00 | 18:30~21:00 | 18:30~21:00 |
| 10 | 水 | | | 18:30~21:00 | 18:30~21:00 | 17:45~19:45 | | 18:30~21:00 | 18:30~21:00 |
| 11 | 木 | | | 18:30~21:00 | 18:30~21:00 | | | 18:30~21:00 | 18:30~21:00 |
| 12 | 金 | | | | 18:30~21:00 | | 18:30~21:00 | | 18:30~21:00 |
| 13 | 土 | | 14:00~16:00 | 14:00~18:00 | 14:00~18:00 | 9:00~11:00 | 11:00~13:30 | 14:00~18:00 | 14:00~18:00 |
| 14 | 日 | | 9:00~11:00 | 13:00~17:00 | 13:00~17:00 | 9:00~11:00 | 11:00~13:30 | 13:00~17:00 | 13:00~17:00 |
| 15 | 月 | | 休館日 | | | | | | |
| 16 | 火 | | 17:45~19:45 | 18:30~21:00 | 18:30~21:00 | | 18:30~21:00 | 18:30~21:00 | 18:30~21:00 |
| 17 | 水 | | | 18:30~21:00 | 18:30~21:00 | 17:45~19:45 | | 18:30~21:00 | 18:30~21:00 |
| 18 | 木 | | | 18:30~21:00 | 18:30~21:00 | | | 18:30~21:00 | 18:30~21:00 |
| 19 | 金 | | | | 18:30~21:00 | | 18:30~21:00 | | 18:30~21:00 |
| 20 | 土 | 中学校新人戦 | 大会参加・応援 | | | | | | |
| 21 | 日 | | 9:00~11:00 | 13:00~17:00 | 13:00~17:00 | 9:00~11:00 | 11:00~13:30 | 13:00~17:00 | 13:00~17:00 |
| 22 | 月 | | 休館日 | | | | | | |
| 23 | 火 | | 17:45~19:45 | 18:30~21:00 | 18:30~21:00 | | 18:30~21:00 | 18:30~21:00 | 18:30~21:00 |
| 24 | 水 | | | 18:30~21:00 | 18:30~21:00 | 17:45~19:45 | | 18:30~21:00 | 18:30~21:00 |
| 25 | 木 | | | 18:30~21:00 | 18:30~21:00 | | | 18:30~21:00 | 18:30~21:00 |
| 26 | 金 | | | | 18:30~21:00 | | 18:30~21:00 | | 18:30~21:00 |
| 27 | 土 | | 14:00~16:00 | 14:00~18:00 | 14:00~18:00 | 9:00~11:00 | 11:00~13:30 | 14:00~18:00 | 14:00~18:00 |
| 28 | 日 | バレエレッスン | 9:00~11:00 | 13:00~17:00 | 13:00~17:00 | 9:00~11:00 | 13:30~16:00 | 13:30~17:00 | 13:30~17:00 |
| 29 | 月 | | 休館日 | | | | | | |
| 30 | 火 | | 17:45~19:45 | 18:30~21:00 | 18:30~21:00 | | 18:30~21:00 | 18:30~21:00 | 18:30~21:00 |
| 31 | 水 | | | 18:30~21:00 | 18:30~21:00 | 17:45~19:45 | | 18:30~21:00 | 18:30~21:00 |

◆バレエレッスン 10/28 …育成・特育小学生 11:00~12:00 特育中学生・選抜・選手 12:15~13:15