

# SHINKAWASAKI GRIT SCHEDULE

# 10

| SUN            | MON       | Tue            | Wed | Thu | Fri            | Sat |
|----------------|-----------|----------------|-----|-----|----------------|-----|
|                |           |                | 1   | 2   | STRENGTH<br>3  | 4   |
| CARDIO<br>5    | 休館日<br>6  | CARDIO<br>7    | 8   | 9   | ATHLETIC<br>10 | 11  |
| STRENGTH<br>12 | 休館日<br>13 | STRENGTH<br>14 | 15  | 16  | CARDIO<br>17   | 18  |
| ATHLETIC<br>19 | 休館日<br>20 | ATHLETIC<br>21 | 22  | 23  | STRENGTH<br>24 | 25  |
| STRENGTH<br>26 | 休館日<br>27 | CARDIO<br>28   | 29  | 30  | ATHLETIC<br>31 |     |

日曜日 16:20～16:50 UMEDA

火曜日 7:30～8:00 針本樹

金曜日 7:30～8:00 小島一球