

## 平成30年度島根県立石見武道館〔後期〕スポーツ教室実施予定表

休講日

| 曜日 | 教室名          | 時間          | 開講日   | 10月 |    |    |    |    | 11月 |    |    |    |    | 12月 |   |    |    |    | 1月 |    |    |    |    | 2月 |   |    |    |    | 3月 |   |    |    |    | 回数 | 閉講式  |
|----|--------------|-------------|-------|-----|----|----|----|----|-----|----|----|----|----|-----|---|----|----|----|----|----|----|----|----|----|---|----|----|----|----|---|----|----|----|----|------|
|    |              |             |       |     |    |    |    |    |     |    |    |    |    |     |   |    |    |    |    |    |    |    |    |    |   |    |    |    |    |   |    |    |    |    |      |
| 火  | 剣道           | 18:30~20:00 | 10/2  | 2   | 9  | 16 | 23 | 30 |     | 6  | 13 | 20 | 27 |     | 4 | 11 | 18 | 25 | 1  | 8  | 15 | 22 | 29 |    | 5 | 12 | 19 | 26 |    | 5 | 12 | 19 | 26 | 18 | 3/12 |
| 水  | YD(やればできる)教室 | 10:00~11:30 | 10/10 | 3   | 10 | 17 | 24 | 31 |     | 7  | 14 | 21 | 28 |     | 5 | 12 | 19 | 26 | 2  | 9  | 16 | 23 | 30 |    | 6 | 13 | 20 | 27 |    | 6 | 13 | 20 | 27 | 18 | 3/6  |
|    | ラージボール卓球     | 13:30~15:30 | 10/10 | 3   | 10 | 17 | 24 | 31 |     | 7  | 14 | 21 | 28 |     | 5 | 12 | 19 | 26 | 2  | 9  | 16 | 23 | 30 |    | 6 | 13 | 20 | 27 |    | 6 | 13 | 20 | 27 | 18 | 3/6  |
|    | 柔道           | 18:30~20:00 | /     | 3   | 10 | 17 | 24 | 31 |     | 7  | 14 | 21 | 28 |     | 5 | 12 | 19 | 26 | 2  | 9  | 16 | 23 | 30 |    | 6 | 13 | 20 | 27 |    | 6 | 13 | 20 | 27 | 18 | /    |
| 木  | ママ&キッズ3B     | 10:00~11:30 | 10/4  | 4   | 11 | 18 | 25 |    | 1   | 8  | 15 | 22 | 29 |     | 6 | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 31 |    | 7 | 14 | 21 | 28 |    | 7 | 14 | 21 | 28 | 18 | 3/7  |
|    | 剣道           | 18:30~20:00 | /     | 4   | 11 | 18 | 25 |    | 1   | 8  | 15 | 22 | 29 |     | 6 | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 31 |    | 7 | 14 | 21 | 28 |    | 7 | 14 | 21 | 28 | 18 | /    |
|    | レスリング        | 18:30~20:00 | 10/4  | 4   | 11 | 18 | 25 |    | 1   | 8  | 15 | 22 | 29 |     | 6 | 13 | 20 | 27 | 3  | 10 | 17 | 24 | 31 |    | 7 | 14 | 21 | 28 |    | 7 | 14 | 21 | 28 | 18 | 3/7  |
| 金  | フレッシュアップ3B   | 10:00~11:30 | 10/5  | 5   | 12 | 19 | 26 |    | 2   | 9  | 16 | 23 | 30 |     | 7 | 14 | 21 | 28 | 4  | 11 | 18 | 25 |    | 1  | 8 | 15 | 22 |    | 1  | 8 | 15 | 22 | 29 | 18 | 3/8  |
|    | 気功・太極拳(昼)    | 13:30~15:00 | 10/5  | 5   | 12 | 19 | 26 |    | 2   | 9  | 16 | 23 | 30 |     | 7 | 14 | 21 | 28 | 4  | 11 | 18 | 25 |    | 1  | 8 | 15 | 22 |    | 1  | 8 | 15 | 22 | 29 | 18 | 3/8  |
|    | 柔道           | 18:30~20:00 | 10/5  | 5   | 12 | 19 | 26 |    | 2   | 9  | 16 | 23 | 30 |     | 7 | 14 | 21 | 28 | 4  | 11 | 18 | 25 |    | 1  | 8 | 15 | 22 |    | 1  | 8 | 15 | 22 | 29 | 18 | 3/8  |
|    | 居合道          | 18:30~20:30 | 10/5  | 5   | 12 | 19 | 26 |    | 2   | 9  | 16 | 23 | 30 |     | 7 | 14 | 21 | 28 | 4  | 11 | 18 | 25 |    | 1  | 8 | 15 | 22 |    | 1  | 8 | 15 | 22 | 29 | 18 | 3/8  |
| 土  | 気功・太極拳(夜)    | 18:30~20:00 | 10/6  | 6   | ⓪  | 20 | 27 |    | 3   | 10 | 17 | 24 |    | 1   | 8 | 15 | 22 | 29 | 5  | 12 | ⓪  | 26 |    | 2  | 9 | 16 | 23 |    | 2  | 9 | 16 | 23 | 30 | 18 | 3/9  |

○印の日は県立体育館で実施します。