

気功セルフケアレッスン カレンダー 2017年8月

レッスン		日	月	火	水	木	金	土	
		30	31	1	2	3	4	5	
9:00~10:00									9:00~10:00
10:10~11:10									10:10~11:10
11:30~12:30									11:30~12:30
14:30~15:30									14:30~15:30
15:50~16:50									15:50~16:50
17:00~18:00									17:00~18:00
18:20~19:20									18:20~19:20
19:40~20:40									19:40~20:40
		6	7	8	9	10	11	12	
9:00~10:00									9:00~10:00
10:10~11:10									10:10~11:10
11:30~12:30									11:30~12:30
14:30~15:30									14:30~15:30
15:50~16:50									15:50~16:50
17:00~18:00									17:00~18:00
18:20~19:20									18:20~19:20
19:40~20:40									19:40~20:40
		13	14	15	16	17	18	19	
9:00~10:00									9:00~10:00
10:10~11:10									10:10~11:10
11:30~12:30									11:30~12:30
14:30~15:30									14:30~15:30
15:50~16:50									15:50~16:50
17:00~18:00									17:00~18:00
18:20~19:20									18:20~19:20
19:40~20:40									19:40~20:40
		20	21	22	23	24	25	26	
9:00~10:00									9:00~10:00
10:10~11:10									10:10~11:10
11:30~12:30									11:30~12:30
14:30~15:30									14:30~15:30
15:50~16:50									15:50~16:50
17:00~18:00									17:00~18:00
18:20~19:20									18:20~19:20
19:40~20:40									19:40~20:40
		27	28	29	30	31	1	2	
9:00~10:00									9:00~10:00
10:10~11:10									10:10~11:10
11:30~12:30									11:30~12:30
14:30~15:30									14:30~15:30
15:50~16:50									15:50~16:50
17:00~18:00									17:00~18:00
18:20~19:20									18:20~19:20
19:40~20:40									19:40~20:40

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心とからだの『気』健康塾 気的精