



UNITED GYM TOKYO SCHEDULE (Sep. 9, 2026)

	Mon	Tue	Wed	Thu ★Morning BJJ★	Fri	Sat	Sun	Holiday
11:00						10:30-11:30 MMA Beginner		
11:30	11:00-12:00 BJJ Sparring						[2F] 10:30-11:30 MMA Beginner	[2F] 10:30-11:30 MMA Beginner
12:00	12:00-15:00 Semi-Personal Kickboxing	12:00-15:00 Semi-Personal Kickboxing		12:00-15:00 Semi-Personal Kickboxing	12:00-15:00 Semi-Personal Kickboxing	11:30-12:00 Openmat	[2F] 11:30-12:30 Openmat	[2F] 11:30-12:30 Openmat
12:30			[2F] 12:00-13:00 BJJ Basic			12:00-13:00 BJJ Basic		
13:00							[1F] 12:30-13:30 Kickboxing	[2F] 12:30-13:30 BJJ Basic
13:30			13:00-14:00 Openmat			13:00-14:30 Openmat		[2F] 12:30-13:30 BJJ Basic
14:00							13:30-14:00 Openmat	[2F] 13:30-14:30 Openmat
14:30								
15:00						14:30-15:30 Kickboxing		
15:30								
16:00						15:30-16:00 Openmat		
16:30								
17:00	17:00-19:00 Semi-Personal Kickboxing	17:00-18:00 Physical Training	17:00-19:00 Semi-Personal Kickboxing		12:00-15:00 Semi-Personal Kickboxing			
17:30								
18:00								
18:30								
19:00	19:00-20:00 Kickboxing	[1F] 19:00-20:00 BJJ All Belt	[1F] 19:00-20:00 Kickboxing	[2F] 19:00-20:00 BJJ Beginner	[1F] 19:00-20:00 Kickboxing	[2F] 19:00-20:00 BJJ Basic		
19:30		[2F] 19:30-21:00 MMA	20:00-20:30 Openmat	20:00-21:00 Openmat	20:00-20:30 Openmat	[2F] 20:00-21:00 Openmat		
20:00	20:00-20:30 Openmat	[1F] 20:00-21:00 Openmat						
20:30	20:30-21:30 BJJ Basic		[2F] 20:30-21:30 BJJ All Belt	21:00-22:30 MMA Grappling		[2F] 19:00-20:00 No-Gi		
21:00		21:00-23:00 Semi-Personal Kickboxing (Mitt 2R)						
21:30	21:30-22:30 Openmat		[2F] 21:30-22:30 Openmat					
22:00								
22:30								
23:00								

★ Morning BJJ ★
Every Thursday
07:00-07:30 BJJ Basic
07:30-08:30 Openmat