



UNITED GYM TOKYO SCHEDULE (Aug 1, 2025)

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

★ Morning BJJ ★
We have morning classes on every Tuesday and Thursday.
07:00-07:30 BJJ Basic
07:30-08:30 Openmat