

(2018年12月1日版) EXFIGHT週間プログラム

Main weekly program table with columns for days of the week (月, 火, 水, 木, 金, 土, 日) and time slots (10:30, 11:00, etc.). Activities include EX-Burn, Kickboxing, Group FIGHT, and various classes.

イベント・祝日プログラム

Event and Holiday Program table for December 21st (Sun), 22nd (Mon), 23rd (Tue), 24th (Wed), and 28th (Sun). Includes special events like Christmas parties and group activities.

Class Details Table with columns: 格闘技系 (Martial Arts), 内容 (Content), 難易度 (Difficulty), 強度 (Intensity), 時間 (Time). Lists various classes like Kickboxing, MMA, and Yoga with their respective details.