

1 月衣笠トレーニングルーム

講習会日程

トレーニングルームを使用するには利用許可証が必要です。
講習受講後、誓約書と引き換えに利用許可証を発行します。
※色付きの日時が講習会日です。

黄色・・・日本語での説明 / 青色・・・英語での説明

| 2020年1月 | | | | | | | |
|---------|----|----|----|----|----|----|----|
| | 日 | 月 | 火 | 水 | 木 | 金 | 土 |
| 時間 | | | | 1 | 2 | 3 | 4 |
| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |
| 時間 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |
| 時間 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |
| 時間 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |
| 時間 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |

※50分程度で終了予定

定員30名（先行予約枠30名＋当日キャンセル数）

※前日迄の予約制です。体育館受付で氏名・学生証番号を記入してください。当日キャンセル枠は開始時間までにトレーニングルームにお越し下さい。先着順に受付します（受付開始は15分前です）。新1回生の体育会学生の方は事前相談の上、個別対応可能です。

〈持ち物〉

・学生証／職員証（番号あり/番号なしの場合雇用契約書コピー）

※当日の遅刻は認めません。遅刻した場合は、再度別の日程の講習会を予約して頂きます。

Kinugasa Training Room

Orientation in January

Before using this training room, you must take an orientation. After taking this, you will have a letter of consent. Then, submit it to the Management office of Gymnasium, and your gym ID card will be issued.

<Date of Orientation> *date w/ color

Yellow···In Japanese explanation / **Blue**···In English explanation

| January 2019 | | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| Time | | | | 1 | 2 | 3 | 4 |
| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |
| Time | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 16:45~ | | | | | | | |
| 18:15~ | | | | | | | |

*It takes about 50 minutes.

The first 30 people for each orientation.

*To make a reservation for the orientation, please fill in the sign-in sheet at the Management office of Gymnasium by the day before the orientation you are willing to take.

*If the orientation is not full on the day of the session, anyone could participate without reservation until it gets full (first come, first served). Please come to the training room 15min before the orientation.

*If you are late, you can't take the orientation and sign-up again for next session.

Bring your student or faculty ID card. (Workout wear is not needed.)