

| 7月   |   |    |      |    |             |
|------|---|----|------|----|-------------|
|      |   | 行事 | 活動内容 | 活動 | 時間          |
| 1    | 木 |    | 練習   | ○  | 16:00~18:30 |
| 2    | 金 |    | 練習   | ○  | 16:00~18:30 |
| 3    | 土 |    | 練習   | ○  | 13:00~16:30 |
| 4    | 日 |    |      | ×  |             |
| 5    | 月 |    | 練習   | ○  | 16:00~18:30 |
| 6    | 火 |    | 練習   | ○  | 16:00~18:30 |
| 7    | 水 |    |      | ×  |             |
| 8    | 木 |    | 練習   | ○  | 16:00~18:30 |
| 9    | 金 |    |      | ×  | 16:00~18:30 |
| 10   | 土 |    | 練習   | ○  | 15:30~18:30 |
| 11   | 日 |    | 練習試合 | ○  | 8:00~13:00  |
| 12   | 月 |    |      | ×  |             |
| 13   | 火 |    |      | ×  |             |
| 14   | 水 |    |      | ×  |             |
| 15   | 木 |    |      | ×  |             |
| 16   | 金 |    |      | ×  |             |
| 17   | 土 |    |      | ×  |             |
| 18   | 日 |    |      | ×  |             |
| 19   | 月 |    |      | ×  |             |
| 20   | 火 |    |      | ×  |             |
| 21   | 水 |    |      | ×  |             |
| 22   | 木 |    | 練習   | ○  | 14:00~16:30 |
| 23   | 金 |    | 練習   | ○  | 14:00~16:30 |
| 24   | 土 |    | 練習   | ○  | 14:00~16:30 |
| 25   | 日 |    |      | ×  |             |
| 26   | 月 |    |      | ×  |             |
| 27   | 火 |    | 練習   | ○  | 14:00~16:30 |
| 28   | 水 |    |      | ×  |             |
| 29   | 木 |    | 練習   | ○  | 14:00~16:30 |
| 30   | 金 |    |      | ×  |             |
| 31   | 土 |    | 練習   | ○  | 14:00~16:30 |
| 休養日  |   |    |      | 17 |             |
| 休日休養 |   |    |      | 4  |             |