

| 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 | |