

TRASOL2020年7月日程表

月	火	水	木	金	土	日
		1	2	3	4	5
swim	swim	swim 6:00~8:00	swim	swim	swim 6:00~7:30	早朝デュアスロン (大人)
bike	bike	bike	bike	bike	bike 8:30~10:30	
run	run	run 19:00~20:00	run	run	run 10:30~12:00	
6	7	8	9	10	11	12
swim	swim 6:00~8:00	swim 6:00~8:00	swim	swim	swim 6:00~7:30	早朝デュアスロン
bike	bike	bike	bike	bike	bike 8:30~10:30	
run	run	run 19:00~20:00	run	run	run 10:30~12:00	
13	14	15	16	17	18	19
swim	swim 6:00~8:00	swim 6:00~8:00	swim	swim	swim 6:00~7:30	早朝デュアスロン
bike	bike	bike	bike	bike	bike 8:30~10:30	
run	run	run 19:00~20:00	run	run	run 10:30~12:00	
20	21	22	23	24	25	26
swim	swim 6:00~8:00	swim 6:00~8:00	swim	swim	swim 6:00~7:30	早朝デュアスロン
bike	bike	bike	bike	bike	bike 8:30~10:30	
run	run	run 19:00~20:00	run	run	run 10:30~12:00	
27	28	29	30	31		
swim	swim 6:00~8:00	swim 6:00~8:00	swim	swim	swim	
bike	bike	bike	bike	bike	bike	
run	run	run 19:00~20:00	run	run	run	

*変更の場合はご連絡いたします。

*今月桃園プールが使えず申し訳ありません。

*23日、24日は別途お知らせします。

いよいよ本格的な夏です(ヤター) 暑さ対策をしっかりしていきましょう。