

訓練時間表

| 訓練時間表(5時限) | | |
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| 項目 | 時間 | 訓練&休憩時間 |
| 朝礼 | 5 | 9:00~ 9:05 |
| 1時限 | 50 | 9:05~ 9:55 |
| 休憩 | 5 | 9:55~10:00 |
| 2時限 | 50 | 10:00~10:50 |
| 休憩 | 5 | 10:50~10:55 |
| 3時限 | 50 | 10:55~11:45 |
| 昼休み | 60 | 11:45~12:45 |
| 4時限 | 50 | 12:45~13:35 |
| 休憩 | 5 | 13:35~13:40 |
| 5時限 | 50 | 13:40~14:30 |
| 清掃、終礼 | 5 | 14:30~14:35 |

| 訓練時間表(6時限) | | |
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| 項目 | 時間 | 訓練&休憩時間 |
| 朝礼 | 5 | 9:00~ 9:05 |
| 1時限 | 50 | 9:05~ 9:55 |
| 休憩 | 5 | 9:55~10:00 |
| 2時限 | 50 | 10:00~10:50 |
| 休憩 | 5 | 10:50~10:55 |
| 3時限 | 50 | 10:55~11:45 |
| 昼休み | 60 | 11:45~12:45 |
| 4時限 | 50 | 12:45~13:35 |
| 休憩 | 5 | 13:35~13:40 |
| 5時限 | 50 | 13:40~14:30 |
| 休憩 | 5 | 14:30~14:35 |
| 6時限 | 50 | 14:35~15:25 |
| 清掃、終礼 | 5 | 15:25~15:30 |

| 訓練時間表(7時限) | | |
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| 項目 | 時間 | 訓練&休憩時間 |
| 朝礼 | 5 | 9:00~ 9:05 |
| 1時限 | 50 | 9:05~ 9:55 |
| 休憩 | 5 | 9:55~10:00 |
| 2時限 | 50 | 10:00~10:50 |
| 休憩 | 5 | 10:50~10:55 |
| 3時限 | 50 | 10:55~11:45 |
| 昼休み | 60 | 11:45~12:45 |
| 4時限 | 50 | 12:45~13:35 |
| 休憩 | 5 | 13:35~13:40 |
| 5時限 | 50 | 13:40~14:30 |
| 休憩 | 5 | 14:30~14:35 |
| 6時限 | 50 | 14:35~15:25 |
| 休憩 | 5 | 15:25~15:30 |
| 7時限 | 50 | 15:30~16:20 |
| 清掃、終礼 | 5 | 16:20~16:25 |