## Training Room English Orientation in May

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/ blue color

May 2017						
М	Т	W	Т	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

 $\times 16:45$ 

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.)

<sup>\*</sup>It takes about 50 minutes.