

★Practice Site :

- No.1··Gifu Civic General Gymnasium ·A··Judo Hall
- No.2··Gifu City Gymnasium ·B··Martial arts training hall
- No.3··GIFU MEDIA COSMOS (ODORU STUDIO)

Revised:10/02/2024

11 / 2024 Schedule

(1) General Class (G)

| Mon. | | Wed. | Thu. | Sat. | Sun. | Notes | |
|----------|------|----------|------------------|----------|--------------------------|---|---|
| G | B&B | G | B&B | G | G | | |
| | (2). | | (2). | 2 | ★3 | ★3(Sun.): Special Practice with Jo (*Bring your own Jo if you have.) | |
| | | | | | 10 : 20~ | | 11 : 10~ |
| | | | | | 1-A | 1-A | |
| ★4 | | | | 6 | 9 | 10 | ★4(Mon.) @Martial arts training hall |
| 19 : 15~ | | | | 19 : 15~ | 10 : 20~ | 11 : 10~ | |
| 1-B | | | | 2-A | 1-A | 1-A | |
| 11 | | | | 13 | ★16 | 17 | ★16(Sat.) @Martial arts training hall |
| 19 : 15~ | | | | 19 : 15~ | 10 : 20~ | 11 : 10~ | |
| 1-A | | | | 2-A | 1-B | 1-A | |
| 18 | | | | 20 | ★23 | 24 | ★23(Sat.): Closed (Seminar in Tokyo) |
| 19 : 15~ | | 19 : 15~ | Closed (Seminar) | 11 : 10~ | | | |
| 1-A | | 2-A | | 1-A | | | |
| ★25 | | 27 | 30 | | ★25(Mon.): Closed | | |
| Closed | | 19 : 15~ | 10 : 20~ | | | | |
| | | 2-A | 1-A | | | | |

(2) Basic & Breathing Class (B&B)

| Mon. | | Wed. | Thu. | Sat. | Sun. | Notes |
|------|----------|------|----------|------|------|---|
| G | B&B | G | B&B | G | G | |
| | 4 | | 7 | | | ★3(Sun.): Special Practice with Jo (*Bring your own Jo if you have.) |
| | 11 : 10~ | | 10 : 20~ | | | |
| | 2-A | | 2-A | | | |
| | 11 | | 14 | | | ★18(Mon.) @Kendo hall |
| | 11 : 10~ | | 09 : 15~ | | | |
| | 2-A | | 2-A | | | |
| | ★18 | | 21 | | | |
| | 11 : 10~ | | 10 : 20~ | | | |
| | ★ | | 2-A | | | |
| | 25 | | 28 | | | |
| | 11 : 10~ | | 09 : 15~ | | | |
| | 2-A | | 2-A | | | |

【Upcoming events】

- 11 / 15 (Fri.) ···The Aikido Experience Event @Gifu Media Cosmos (17 : 15 – 18 : 45)
- 11 / 30 (Sat.) ···<Once a Month!> Aikido Lesson @Gifu Media Cosmos (17 : 15 – 18 : 45)
- 12 / 14 (Sat.) ···The Aikido Experience Event @Gifu Media Cosmos (17 : 15 – 18 : 45)
- 12 / 28 (Sat.) ···<Once a Month!> Aikido Lesson @Gifu Media Cosmos (15 : 15 – 16 : 45)
- 01 / 04 (Sat.) ···The Aikido Experience Event @Gifu Media Cosmos (17 : 15 – 18 : 45)
- 01 / 11 (Sat.) ···<Once a Month!> Aikido Lesson @Gifu Media Cosmos (17 : 15 – 18 : 45)