★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:04/03/2025

05 / 2025 Schedule

(1) General Class (G)

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B	G		B&B	G	G	
	(2).			(2).	3 17 : 10~ 1-A	★4 11 : 10~ 1-A	★4(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
5 19 : 15~ 1-A			7 19 : 15~ 2-A		★10 17 : 10~ 3	★11 11 : 10~ ★	★10(Sat.): @GIFU MEDIA COSMOS (ODORU STUDIO) ★11(Sun.): @Gifushi Seibu Gymnastics (Judo Hall)
★12 19 : 15~ 1-B			14 19 : 15~ 2-A		17 17 : 10~ 1-A	18 11 : 10~ 1-A	★12(Mon.): @Martial arts training hall
19 19 : 15~ 1-A			21 19 : 15~ 2-A		★24 Closed	★25 Closed	★24(Sat.)~25(Sun.): Closed
★26 Closed			28 19 : 15~ 2-A		31 17 : 10~ 1-A		★26(Mon.): Closed

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

Note: If no one is scheduled to attend the Keiko the day before, Monday Keiko will be cancelled.

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B	G		B&B	G	G	
(1).		(1).		1 10 : 20~ 2-A	(1).	(1).	★4(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
	5 11 : 10~ 2-A			8 09 : 10~ 2-A			
	12 11 : 10~ 2-A			15 10 : 20~ 2-A			
	19 11 : 10~ 2-A			★22 10 : 20~ 2-A			
	★26 Closed			29 10 : 20~ 2-A			★26(Mon.): Closed

【Upcoming events】