

★ 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:05/02/2025

06 / 2025 Schedule

(1) General Class (G)

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B	G		B&B	G	G	
	(2).			(2).		★1 11 : 10~	★1(Sun.): @Gifushi Seibu Gymnastics (Judo Hall) ★1(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
						★	
★2 Closed		3 19 : 15~	4 19 : 15~		★7 Closed	★8 11 : 10~	★2(Mon.)/7(Sat.): Closed ★8(Sun.): @Gifu City Gymnasium
		2-A	2-A			2-A	
9 19 : 15~			11 19 : 15~		14 17 : 10~	★15 11 : 10~	★15(Sun.): @Gifu City Gymnasium
1-A			2-A		1-A	2-A	
★16 19 : 15~			18 19 : 15~		★21 17 : 10~	22 11 : 10~	★16(Mon.): @Martial arts training hall ★21(Sat.): @GIFU MEDIA COSMOS (ODORU STUDIO)
1-B			2-A		3	1-A	
23 19 : 15~			25 19 : 15~		28 19 : 10~	★29 17 : 10~	★29(Sun.): @Gifu City Gymnasium
1-A			2-A		1-A	2-A	
★30 Closed							★30(Mon.): Closed

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

Note: To reschedule to a Monday, please notify us **at least 8 days in advance**.

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B	G		B&B	G	G	
(1).	*Classes on the 2th/9th/16th/23th will be held depending on requests for make-up lessons.	(1).		5 10 : 20~	(1).	(1).	★1(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
				2-A			
				12 10 : 20~			
				2-A			
				19 10 : 20~			
				2-A			
				26 10 : 20~			
	★30 Closed			2-A			★30(Mon.): Closed

[Upcoming events]