


★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:08/05/2025


09 / 2025 Schedule

(1) General Class (G)

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B	G		B&B	G	G	
1 19 : 15~	<p>Note: Held irregularly → To participate, please use this QR code.</p> 		3 19 : 15~	(2).	6 17 : 10~	★7 11 : 10~	<p>★7(Sun.): @Gifushi Seibu Gymnastics (Judo Hall) ★7(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)</p>
1-B			2-A		1-B	★	
8 19 : 15~			10 19 : 15~		13 17 : 10~	14 11 : 10~	
1-B			2-A		2-A	1-A	
15 19 : 15~			17 19 : 15~		20 17 : 10~	21 Closed (Seminar)	
1-B			2-A		1-B		
22 Closed			24 19 : 15~		27 17 : 10~	28 11 : 10~	
29 Closed			2-A		1-B	1-A	

(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).	<p>Note: Held irregularly → To participate, please use this QR code.</p> 	(1).		4 10 : 20~	(1).	(1).	<p>★7(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)</p>
				2-A			
				11 10 : 20~			2-A
				18 10 : 20~			2-A
				25 10 : 20~			
				2-A			

[Upcoming events]