

★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)    •No.4...Gifushi Seibu Gymnastics

Revised:09/02/2025

## 10 / 2025 Schedule

### (1) General Class (G)

| Mon.                 |                                                                                                                                                            | Tue. | Wed.           | Thu. | Sat.                  | Sun.                | Notes                                                                |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------|------|-----------------------|---------------------|----------------------------------------------------------------------|
| G                    | B&B                                                                                                                                                        | G    |                | B&B  | G                     | G                   |                                                                      |
|                      |                                                                                                                                                            |      | 1<br>19 : 15~  | (2). | 4<br>19 : 10~         | ★5<br>11 : 10~      | ★5(Sun.): Special Practice with Jō (*Bring your own Jō if you have.) |
|                      |                                                                                                                                                            |      | 2-A            |      | 1-B                   | 4                   |                                                                      |
| 6<br>19 : 15~        | Note: Held irregularly<br>→ To participate, please use this QR code.<br> |      | 8<br>19 : 15~  |      | 11<br>17 : 10~        | 12<br>11 : 10~      |                                                                      |
| 1-A                  |                                                                                                                                                            |      | 2-A            |      | 3                     | 2-A                 |                                                                      |
| 13<br>Closed (EVENT) |                                                                                                                                                            |      | 15<br>19 : 15~ |      | 18<br>17 : 10~        | 19<br>11 : 10~      |                                                                      |
| 20<br>19 : 15~       |                                                                                                                                                            |      | 22<br>19 : 15~ |      | 1-B<br>25<br>17 : 10~ | 4<br>26<br>11 : 10~ |                                                                      |
| 1-A                  |                                                                                                                                                            |      | 2-A            |      | 1-A                   | 4                   |                                                                      |
| 27<br>Closed         |                                                                                                                                                            |      | 29<br>19 : 15~ |      |                       |                     |                                                                      |
|                      |                                                                                                                                                            |      | 2-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). | Note: Held irregularly<br>→ To participate, please use this QR code.<br> | (1). |      | 2<br>10 : 20~  | (1). | (1). | ★5(Sun.): Special Practice with Jō (*Bring your own Jō if you have.) |
|      |                                                                                                                                                             |      |      | 2-A            |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 9<br>09 : 10~  |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 2-A            |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 16<br>10 : 20~ |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 2-A            |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 23<br>09 : 10~ |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 2-A            |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 30<br>10 : 20~ |      |      |                                                                      |
|      |                                                                                                                                                             |      |      | 2-A            |      |      |                                                                      |

[Upcoming events]