

★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:10/02/2025

11 / 2025 Schedule

(1) General Class (G)

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

(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	
				6 10 : 20~			★9(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
				2-A			
(1).	Note: Held irregularly → To participate, please use this QR code. 	(1).		13 10 : 20~	(1).	(1).	
				2-A			
				20 10 : 20~			
				2-A			
				27 09 : 10~			
				2-A			

[Upcoming events]