

★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:12/02/2025

01 / 2026 Schedule

(1) General Class (G)

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B	G		B&B	G	G	
5 19 : 15~	Note: Held irregularly → To participate, please use this QR code. 		7 19 : 15~	(2).	10 19 : 10~	★11 11 : 10~	★11(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
1-A			2-A		1-A	1-A	
12 19 : 15~			14 19 : 15~		17 17 : 10~	18 11 : 10~	
1-B			2-A		1-B	4	
19 19 : 15~			21 19 : 15~		24 17 : 10~	25 11 : 10~	
1-B			2-A		1-B	4	
26 Closed			28 19 : 15~		31 17 : 10~		
			2-A		3		

(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 → To participate, please use this QR code. 	(1).		8 10 : 20~	(1).	(1).	
				2-A			
				15 10 : 20~			
				2-A			
				22 10 : 20~			
				2-A			
				29 10 : 20~			
				2-A			

[Upcoming events]