

★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:01/17/2026

## 02 / 2026 Schedule

### (1) General Class (G)

| Mon.           |                                                                                    | Tue. | Wed.           | Thu. | Sat.            | Sun.            | Notes                                                                |
|----------------|------------------------------------------------------------------------------------|------|----------------|------|-----------------|-----------------|----------------------------------------------------------------------|
| G              | B&B<br>+G                                                                          | G    |                | B&B  | G               | G               |                                                                      |
|                |                                                                                    |      |                |      |                 | ★1<br>11 : 10~  | ★1(Sun.): Special Practice with Jō (*Bring your own Jō if you have.) |
|                |                                                                                    |      |                |      |                 | 2-A             |                                                                      |
| 2<br>Closed    | Note: Held irregularly<br>→ To participate, please use this QR code.               |      | 4<br>19 : 15~  | (2). | 7<br>19 : 10~   | 8<br>11 : 10~   |                                                                      |
|                |                                                                                    |      | 2-A            |      | 1-B<br>14       | 2-A<br>15       |                                                                      |
| 9<br>19 : 15~  |                                                                                    |      | 11<br>19 : 15~ |      | 1-B<br>19 : 10~ | 1-A<br>11 : 10~ |                                                                      |
| 1-B            |                                                                                    |      | 2-A            |      | 1-B             | 1-A             |                                                                      |
| 16<br>19 : 15~ |  |      | 18<br>19 : 15~ |      | 21<br>17 : 10~  | 22<br>11 : 10~  |                                                                      |
| 1-A            |                                                                                    |      | 2-A            |      | 3<br>19 : 10~   | 2-A             |                                                                      |
| 23<br>Closed   |                                                                                    |      | 25<br>19 : 15~ |      | 28<br>19 : 10~  |                 |                                                                      |
|                |                                                                                    |      | 2-A            |      | 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<br>+G | G    |      | B&B            | G    | G    |                                                                      |
|      |           |      |      |                |      |      | ★1(Sun.): Special Practice with Jō (*Bring your own Jō if you have.) |
|      |           |      |      |                |      |      |                                                                      |
|      |           |      |      | 5<br>10 : 20~  | (1). | (1). |                                                                      |
|      |           |      |      | 2-A            |      |      |                                                                      |
|      |           |      |      | 12<br>10 : 20~ |      |      |                                                                      |
|      |           |      |      | 2-A            |      |      |                                                                      |
|      |           |      |      | 19<br>10 : 20~ |      |      |                                                                      |
|      |           |      |      | 2-A            |      |      |                                                                      |
|      |           |      |      | 26<br>10 : 20~ |      |      |                                                                      |
|      |           |      |      | 2-A            |      |      |                                                                      |

[Upcoming events]