

★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:01/02/2026

02 / 2026 Schedule

(1) General Class (G)

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

[Upcoming events]