

★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:02/02/2026

03 / 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 19 : 10~	8 11 : 10~	
1-A			2-A		1-B	1-A	
9 19 : 15~			11 19 : 15~		14 19 : 10~	15 11 : 10~	
1-A			2-A		1-B	2-A	
16 19 : 15~			18 19 : 15~		21 19 : 10~	22 11 : 10~	
1-B			2-A		1-B	2-A	
23 19 : 15~			25 19 : 15~		28 19 : 10~	29 11 : 10~	
1-B			2-A		1-B	1-A	
30 Closed							

(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~			
				2-A			
				12 10 : 20~	(1).	(1).	
				2-A			
				19 10 : 20~			
				2-A			
				26 10 : 20~			
				2-A			

[Upcoming events]