


★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:03/20/2026


## 04 / 2026 Schedule

### (1) General Class (G)

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes
G	B&B +G	G		B&B	G	G	
	<p><b>Note:</b> Held irregularly → To participate, please use this QR code.</p> 		<b>1</b> 19 : 15~	(2).	<b>4</b> 19 : 10~	<b>★5</b> 11 : 10~	<p>★5(Sun.): <b>Special Practice with Jō</b> (*Bring your own Jō if you have.)</p>
			2-A		<b>1-B</b>	<b>2-A</b>	
<b>6</b> 19 : 15~			<b>8</b> 19 : 15~		<b>11</b> 19 : 10~	<b>12</b> 11 : 10~	
1-A			2-A		<b>2-A</b>	<b>1-B</b>	
<b>13</b> Closed			<b>15</b> 19 : 15~		<b>18</b> 19 : 10~	<b>19</b> 11 : 10~	
			2-A		<b>1-B</b>	1-A	
<b>20</b> 19 : 15~			<b>21</b> 19 : 15~		<b>25</b> 19 : 10~	<b>26</b> 11 : 10~	
1-A			2-A		<b>1-B</b>	1-A	
<b>27</b> Closed			<b>29</b> 19 : 15~				
			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		
	<p><b>Note:</b> Held irregularly → To participate, please use this QR code.</p> 			<b>2</b> 10 : 20~	(1).	(1).	<p>★5(Sun.): <b>Special Practice with Jō</b> (*Bring your own Jō if you have.)</p>	
				2-A				<b>9</b> 10 : 20~
				2-A				<b>16</b> 10 : 20~
				2-A				<b>23</b> 10 : 20~
				2-A				<b>30</b> <b>09 : 10~</b>
				2-A				

**[Upcoming events]**