


★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:04/04/2026


05 / 2026 Schedule

(1) General Class (G)

Mon.		Tue.	Wed.	Thu.	Sat.	Sun.	Notes		
G	B&B +G	G		B&B	G	G			
	<p>Note: Held irregularly → To participate, please use this QR code.</p> 			(2).	2	★3	<p>★3(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)</p>		
						19 : 10~		11 : 10~	
						1-A	2-A		
4					6		9	10	
Closed					19 : 15~		19 : 10~	11 : 10~	
					2-A		1-Kendo	1-A	
11					13		16	17	
19 : 15~					19 : 15~		19 : 10~	11 : 10~	
1-A					2-A		1-B	2-A	
18					20		23	24	
19 : 15~			19 : 15~		Closed	Closed			
1-A			2-A						
25			27		30	31			
Closed			19 : 15~		19 : 10~	11 : 10~			
			2-A		1-B	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 +G	G		B&B	G	G				
	<p>Note: Held irregularly → To participate, please use this QR code.</p> 				(1).	(1).	<p>★3(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)</p>			
							7			
							10 : 20~			
							2-A			
							14			
							10 : 20~			
							2-A			
							21			
				10 : 20~						
				2-A						
				28						
				10 : 20~						
				2-A						

[Upcoming events]