


★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:05/01/2026


06 / 2026 Schedule(2)

(1) General Class (G)

B&B+G (weekday morning)	Mon.	Tue.	Wed.	Thu.	Sat.	Sun.	Notes
	G	G	G	B&B	G	G	
<p>Note: Held irregularly ↓ To participate, please use this code.</p> 	1 19 : 15~		3 19 : 15~	(2).	6 19 : 10~	★7 11 : 10~	★7(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)
	1-A		2-A		1-B	1-A	
	8 19 : 15~		10 19 : 15~		13 19 : 10~	14 11 : 10~	
	2-A		2-A		1-B	2-A	
		16 19 : 15~	17 19 : 15~		20 19 : 10~	21 11 : 10~	
		2-A	2-A		1-B	1-A	
		23 19 : 15~	24 19 : 15~		27 19 : 10~	28 10 : 20~	
		2-A	2-A		1-B	1-A	
	29 Closed	30 Closed					

(2) Basic & Breathing Class (B&B)

Note: To reschedule to weekday morning, please notify us as soon as possible.

B&B+G (weekday morning)	Mon.	Tue.	Wed.	Thu.	Sat.	Sun.	Notes	
	G	G	G	B&B	G	G		
<p>Note: Held irregularly ↓ To participate, please use this code.</p> 	(1).	(1).	(1).	4 10 : 20~	(1).	(1).	★7(Sun.): Special Practice with Jō (*Bring your own Jō if you have.)	
				2-A				
				11 10 : 20~				
				2-A				
				18 10 : 20~				
				2-A				
				25 10 : 20~				
2-A								

[Upcoming events]