

Practice time from OCT 1, 2023 (Thursday)

1 week schedule Kita-ku and Chuo-ku 8 times Atsubetsu-ku 3 times Kiyota-ku 4 times

Monday Evening Kitakujo Elementary School Gymnasium 16:15-17:45 (90 minutes)

Night Maruyama Children's Hall 18:30-20:30 (120 minutes) Available until 21:00

Night Atsubetsu Ward Gymnasium Martial Arts Room 18:30-20:30 (120 minutes)

Closed on the first Monday This is Sensei Tohara's guidance.

The first Monday will be held at the Kiyota Ward Gymnasium.

Tuesday Evening Hiraoka Park Elementary School Gymnasium 16:15-17:45 (90 minutes)

Evening Maruyama Elementary School gymnasium 18:30-20:00 (90 minutes)

Wednesday Evening Nijo Elementary School Maruti room 16:15-17:45 (90 minutes)

Night Satozuka Utsukushigaoka District Center 18:30-20:30 (120 minutes)

Thursday Evening Hibarigaoka Elementary School Gymnasium 16:15-17:45 (90 minutes)

Night Maruyama Elementary School gymnasium 18:30-20:30 (120 minutes)

Friday Evening Maruyama Kids Academy 15:00-16:00 (60 minutes) Students only

Evening Maruyama Elementary School gymnasium 16:15-17:45 (90 minutes)

Night Hiraoka Children's Hall 18:30-20:30 (120 minutes)

Saturday Morning Atsubetsu Ward Gymnasium martial arts room 9:00-10:30 (90 minutes)

Please practice independently after 10:30.

Morning Kiyota Ward Gymnasium Martial Arts Room 11:00-12:30 (90 minutes)

Please come at 10:30 and practice on your own.

Afternoon Kita Gas Arena Judo Room 13:00-15:00 (120 minutes)

May not be used at gymnasium events (professional sports competitions, etc.).

You can check it on the printed matter and on the website after the 25th of the previous month.

Adult black belts are also welcome to help with instruction.

All the instructors are working adults, so please forgive us if they are late or do not attend.

It is held from 15:00 to 16:30 during elementary school summer vacation, winter vacation, and spring vacation.