



Weekly Class Schedule

revised 12/04/2017SH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:30-11:30a Aikido Youth/ Family
					11:30a-12:30p Aikido Intro/ Mixed Rank
5:30-6:30p Aikido Youth/ Family		5:30-6:30p Aikido Youth/ Family	5:30 -6:20p Meditation		
6:30-7:30p Aikido Intro/ Mixed Rank	6:30-8:00p Aikido Intro/ Ongoing	6:30-7:30p Aikido Intro/ Mixed Rank	6:30-7:30p Aikido Intro/ Mixed Rank		
7:40-8:40p Aikido Ongoing		7:40-8:40p Aikido Ongoing	7:40-8:40p Aikido Ongoing	7:00-8:00p Kali / Escrima	
	8:00-9:00p Kyokushin Karate Intro / Ongoing			7:45-9:00p Kyokushin Karate Intro / Ongoing	
			8:45-10:00p Aikido Intro / Ongoing		Meditation by appointment