



** effective May 11, 2016

Weekly Class Schedule

revised 2/23/2016 SH

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	Meditation 5:30 - 6:30pm		
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	6:00-7:00p Pentjak Silat Serak (by appt)	
7:40-8:40p Aikido Ongoing		7:40-8:40p Aikido Ongoing	7:40-8:40p Aikido Ongoing	7:00-8:00p Kali / Escrima	
9p -10:00p Kyokushin Karate Intro / Ongoing		9p -10:00p Kyokushin Karate Intro / Ongoing		8:15-9:00p Kyokushin Karate Intro / Ongoing	
			8:45-10:00p Aikido Intro / Ongoing		