



UNITED STATES AIKIDO FEDERATION MEMBER, SINCE 1997

CLASS SCHEDULE

(MAY BE SUBJECT TO CHANGE - CHECK IN ADVANCE)

MONDAY	5:30 – 6:10 pm	KIDS (5 – 7 YEARS) AIKIDO
	6:15 – 7:00 pm	KIDS (8 YEARS +) AIKIDO
	7:00 – 8:15 pm	ADULTS AIKIDO BASICS
TUESDAY	6:00 – 7:00 pm	ADULTS AIKIDO BASICS
	7:00 – 9:00 pm	MUAY THAI
WEDNESDAY	5:30 – 6:10 pm	KIDS (5 – 7 YEARS) AIKIDO
	6:15 – 7:00 pm	KIDS (8 YEARS +) AIKIDO
	7:00 – 8:00 pm	ADULTS AIKIDO ADVANCED
	8:15 – 9:15 pm	ADULTS AIKIDO BASICS
THURSDAY	6:30 – 7:30 pm	TAI CHI
	7:30 – 9:30 pm	KRAV MAGA
FRIDAY	5:30 – 6:10 pm	KIDS (5 – 7 YEARS) AIKIDO
	6:15 – 7:00 pm	KIDS (8 YEARS +) AIKIDO
	7:00 – 8:15 pm	ADULTS AIKIDO BASICS
SATURDAY	9:00 am – 11:00 am	KRAV MAGA
	11:00 am – 12:30 pm	KIDS KARATE
	12:30 – 2:00 pm	ADULTS KARATE
	2:00 – 3:00 pm	ADULTS AIKIDO BASICS
SUNDAY	10:30 – 11:30 am	ADULTS AIKIDO BASICS
	12:00 – 1:30 pm	ADULTS AIKIDO ADVANCED